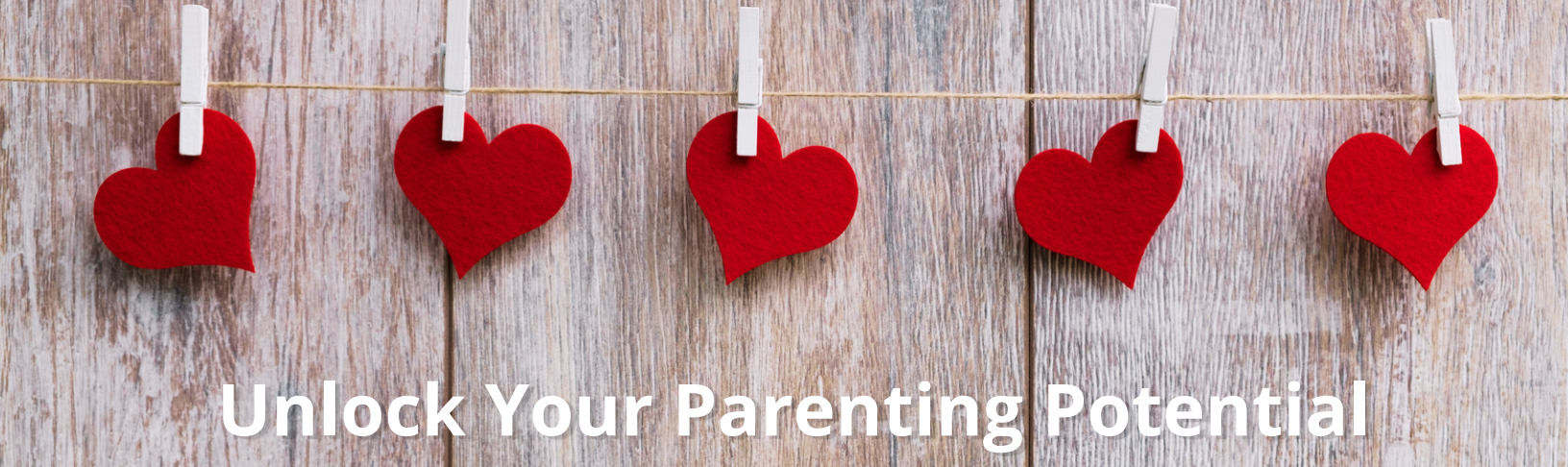




Unlock Your Parenting Potential

This is a free service, open to Parents and Caregivers of teens aged 12-18.

These in person workshops are designed to support parents and caregivers to strengthen parenting skills and enhance connections with their teens. Sign up for single or multiple workshops.

Workshop 1: SELF-COMPASSION

Wednesday, October 7, 2026 at 6:00 PM

Develop a better understanding of self and parenting style as you navigate the teen years.

Workshop 2: BOUNDARIES & COMMUNICATION

Wednesday, October 14, 2026 at 6:00 PM

Discover ways to set healthy boundaries, communicate effectively and strengthen your relationship with your teen.

Workshop 3: DIGITAL WELLNESS

Wednesday, October 21, 2026 at 6:00 PM

Explore strategies for mindful management of your teen's digital media use.

Workshop 4: SELF-CARE FOR PARENTS/CAREGIVERS

Wednesday, October 28, 2026 at 6:00 PM

Explore how to maintain balance and prioritize well-being for yourself and your family.

To Register: Contact Mia Maarika

Email: mmaarika@narsf.org | Phone: 250-754-2773 ext. 123

Workshop location: The LIFT office - 170 Wallace St. Nanaimo BC, V9R 5B1

The LIFT office is located in back of the building
(walk down the driveway to the left of the main door)



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