



Red Deer Children's Community Addiction and Mental Health team is excited to announce that we are making changes to the Parenting Forever Program.

- December 6, 2018 will be the last Parenting Forever session.
- We will restart on January 17, 2019 from 6-8pm with a new name: **Empowered Parenting: Loving and Leading Your Children Through Their Addictive Behaviours**
  1. The group will consist of 4 sessions, covering topics ranging from understanding addiction, addiction and the family system, and parenting your child in their addictive process.
  2. This will be a closed group that will require parents to sign up ahead of time and commit to four consecutive Thursday evenings.
  3. The parenting group will be part psychoeducational, part support, part discussion, and part practice.
  4. Parents can sign up for the group by phoning the Red Deer Children's Addiction and Mental Health clinic at 403-340-5274.