

THE SHOP PROGRAM OFFERS

GROUP SUPPORT, provided in a non-threatening home-like atmosphere, as you meet and identify with other parents experiencing common issues.

TRAINING SESSIONS that provide parents with the opportunity to acquire knowledge and learn new strategies in the areas of parenting and life skills.

IN-HOME SUPPORT that provides parents with individual coaching as they practice the skills learned in group sessions. This is also an opportunity for parents to receive one-on-one support as they focus on personal goal achievement.



Building Healthy Families
since 1988

To preserve, stabilize, and strengthen families in our community through education, training and support.

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www.buildinghealthyfamilies.ca

Funding for our programs provided by
Ministry of Children & Family Development,
United Way, and a Private Donor.

**SELF-HELP OPPORTUNITY
PROGRAM
FOR PARENTS**



Building Healthy Families
since 1988

ABOUT

The SELF-HELP OPPORTUNITY FOR PARENTS (SHOP) program is designed for parents with children over 2 years of age.

The objective is to help parents build healthy lifelong relationships with their children.

10 weeks

Tuesday and Thursday
9:00 am - 12:00 pm

at Building Healthy Families
1390 K.L.O. Road
Kelowna, BC

Cost: FREE

For more information
call our office at
250-861-4933

TOPICS

PARENTING SKILLS

- Ages and stages of development
- Styles of Parenting
- Understanding Child Behaviour
- Encouragement & Praise
- Positive Discipline
- Solving Problems
- Family Meetings

PERSONAL LIFE SKILLS

- Family Systems
- Stress Management
- Boundaries
- Communication
- Conflict Resolution
- Assertiveness
- Anger Management

REFERRALS

Referrals for our services are accepted from Ministry of Children and Family Development, Public Health, community agencies, family and friends, or self.



Your parenting challenge is to raise a happy, confident, cooperative, and responsible child with nurturing and guidance.