



Matsqui-Abbotsford Impact Society

Parents **R** People **2**

It's easy to become preoccupied with behaviours that loved ones may be tangled up in. Sometimes we can even become as tangled up in their situations as they are!

That's not good for anyone.

Concerns, troubles, and disagreements are guaranteed in life and the parenting journey. What can we do to be in a better place to bounce back and even learn and grow from them?

Research shows resilience is the rule, not the exception. When our human needs are met, we are more resilient.

PRP2 is a chance for caregivers to explore and share the wisdom, experience and gifts that help us learn, grow and show up still living our values (and therefore valuing our lives), despite—even because of—the challenges we face.

- T** 1. Risks and Rewards
2. Human Needs
3. Truth and Knowledge
- O** 4. Self-Care and Forgiveness
5. Recharge!
- P** 6. Boundaries, Expectations & Change
- I**
- C** 7. Respect and Values
8. Harvest!
- S**

Eight Weeks, **Wednesdays**, 6:00-8:00 p.m. **October 3 to November 21**, 2018

Contact holly@impactabby.com or 778-201-6999 to register. Brief intake required. Open to parents, caregivers & others concerned about young people (under 25) in our community. The young person doesn't have to be involved with Impact's services in order for a caregiver to attend.

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