

# Parenting Without Power Struggles

Parenting Without Power Struggles is an education/support program for parents who are challenged by the behaviour of their pre-teens.

Participating in this 10 week program provides opportunities for parent to:

- Strengthen their family relationships.
- Receive support as they develop the skills necessary to meet the challenges of raising their pre-teens.
- Become familiar with local community resources.

## Join us to:

- Receive **support**
- Increase your **knowledge**
- Boost your **confidence**



Boys & Girls Club  
of British Columbia

In your area call:

Parenting Without Power Struggles was developed by staff and parents of Parent Services; a Boys and Girls Clubs of BC program. Funding for this program is generously provided by the Ministry of Children and Family Development.

For information of how to bring the program to your community please contact:

BOYS AND GIRLS CLUBS OF BC  
1434 Graham St. Box 20222 Kelowna, BC  
T: (250) 765-0532 F: (250) 762-6562  
W: [www.boysandgirlsclubsbcc.ca](http://www.boysandgirlsclubsbcc.ca)

BOYS AND GIRLS CLUBS  
OF BRITISH COLUMBIA

PARENT SERVICES

# PARENTING WITHOUT POWER STRUGGLES

A program that provides parents facing the challenges of raising pre-teens in the 21st century with opportunities for support, information, and skill development.



[www.boysandgirlsclubsbcc.ca](http://www.boysandgirlsclubsbcc.ca)

## With Support We Strengthen

Offers an opportunity to be:

- 👤 Understood
- 👤 Accepted
- 👤 Hopeful
- 👤 Connected

If your pre-teen, age 10 to 13 years is presenting you with challenging behaviours then our group may be for you.

Parenting Without Power Struggles is designed to:

- 👤 Let parents know that they are not alone in the challenges they are experiencing with their pre-teens.
- 👤 Provide an overview of how families are affected as their children move through the pre-teen to teen years.
- 👤 Give parents the opportunity to learn some new parenting skills.
- 👤 Offer support and understanding as parents work towards strengthening relationships with family members.

## With Knowledge We Grow

Parenting Without Power Struggles believes that:

- 👤 Challenges occur in each stage of parenting and changing our approach requires both time and commitment.
- 👤 Participation can help minimize family conflict during the teen years.
- 👤 Families can and do make positive, healthy changes.

### Testimonials

“An ongoing positive effect which still helps us support and relate to our child. It has been useful with other family members and colleagues as well.”

I now have a better understanding of the topics presented; this knowledge gives me better insight into the larger picture of parenting”

## With Confidence We Stand Taller

Parenting Without Power Struggles supports parents of pre-teens in order to build new skills and greater confidence in their parenting.

Some areas that we explore:

- 👤 Communication and listening
- 👤 Self-care for parents
- 👤 Problem solving
- 👤 Decision making
- 👤 Setting boundaries
- 👤 Sharing responsibility
- 👤 Having a sense of play and humour