



Interior Health

Counselling and Treatment Services
200- 235 Lansdowne Street
Kamloops, BC. 250-377-6500

For YOU - Parenting Them (FYPT)

Safety, Substances & Self-Care

Facilitators: **Randine Mariona-Flor and Ashleigh Windhorst**

Day and Time: **Thursday night, 5:00 – 6:30 pm**

Dates: **Closed 2023 Groups:**

Jan 12th – Mar 16th

April 6th – June 8th

Sept 28th – Nov 30th

Referrals: **Randine Mariona-Flor:** randine.mariona-flor@interiorhealth.ca

Ashleigh Windhorst: ashleigh.windhorst@interiorhealth.ca

Participants: Parents or caregivers who have teens moderately or severely using substances.

Waitlist: 10 confirmed participants fill the group. Additional names will be waitlisted for the next group.

FYPT is a 10 week, closed, in-person group run on the 2nd floor of MHSU building 235 Lansdowne Street. This group acknowledges that supporting someone with problematic substance use is often overwhelming. The challenge is even greater when the person you are supporting is a young person.

This group will provide information, awareness, and skills to decrease stress and skills to promote health for you and the person you are supporting.

TOPICS Include

• Modern Day Living & Substance Use	• Emotions
• Continuum of Substance Use	• Communication
• Shame & Stigma	• Assertiveness
• Adolescent Development	• Boundaries
• The Science of Addiction	• Handling Difficult Emotions
• Attachment Parenting Strategies	• Grief/loss
• Mindfulness/Coping	• Self-care and Self-Compassion
• Nervous System Regulation	• Forgiveness
• Harm Reduction vs Enablement	• Navigating relationships
• Change Process	• Navigating the system/Resources
• Family Dynamics	• Gratitude
• Specific Substance Use Information	•

What to expect attending this group: A sense of community with people experiencing the same challenges you are facing, an increase in self-awareness, relationship building skills and compassion. This group is designed to support and disseminate knowledge that is useful, timely and helpful.

*WE look forward to having you in Group.
~ Randine & Ashleigh*