



Family Capacity Building and Support

Walking the Middle Path

Parent Workshop

✓ KEY FEATURES

- Walking the Middle Path with Youth - A DBT Approach to parenting supports caregiver-child relationships in finding a balance when there are different perspectives.
- 1.5 hour workshop for parents/caregivers of children between 12-18.
- Currently being offered in person and virtually.
- Dates will be shared with participants when space is available.

✓ ANTICIPATED OUTCOMES

- Learn about and understand typical teenage behaviour.
- Explore the skills of mindfulness and validation.
- Walking the Middle Path by finding balance and adopting a flexible approach.

HOW TO ACCESS SERVICES

Contact the Huron Perth Centre at **1-888-260-3924** to schedule an intake appointment.