



# Parent Support Circles

**Sometimes you just need a little space to talk with other parents**

**Parent Support Services offers self-help support circles that are led by two trained volunteer facilitators.**

We believe that every parent is the expert of their own family. Sometimes it just takes a bit of space to hear yourself and the voices of other parents to find your way through.

Parent Support Circles provide a safe, supportive place to share ideas and information with others who are parenting.

**Find out more and register at [victoria@parentsupportbc.ca](mailto:victoria@parentsupportbc.ca)**

For more information call **250-384-8042** or **1-877-345-9777** or visit us online at [www.parentsupportbc.ca](http://www.parentsupportbc.ca)



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