



Family “Snapshot” Workshop

Family Services of Greater Vancouver’s **Foster Family Support Services** have established an educational workshop series to support foster parents in creating healthy, connected families.

Do you sometimes feel in the dark about where your family is headed?

Take a step back from the “busy-ness” of daily life and begin developing new ways of viewing your family. Raising children involves the use of many skills in the creation of a whole family picture. Parenting within the foster system may bring new experiences to family life that can overwhelm even the most seasoned caregivers.

This free 2 hour workshop will help you identify:

- **The components of a happy family life**
- **Your goals as a parent and caregiver**
- **If your parenting strategies are effective in helping you meet these goals**

This one session workshop will be an **opening conversation** used to explore changes you may be looking for in the daily interactions of your family.

4 week follow-up workshops will be offered to participants in Spring 2012.

Facilitator: Lyndsay Sieger has worked with individuals and families for the past 15 years with much of her work experience in the area of trauma, family systems and parenting education. She currently facilitates workshops for the FSGV Family Life Education Program and has recently joined the foster support team as a counsellor.

Richmond
Wednesday
February 08th 2012
10:00am-12:00pm
Garratt Wellness Centre

Vancouver
Thursday
February 16th 2012
10:00am-12:00pm
3979 Fraser Street

North Vancouver
Tuesday
February 21st 2012
10:00am-12:00pm
255 W.1st Ave-Suite 210

To register please email lsieger@fsgv.ca or call 604.319.6171.
Childminding available during Richmond & Vancouver dates.