



*Children's Bridge*

## **Ottawa Adoptive Parent Support Group**

**Wednesday, September 20<sup>th</sup>, 2017**

**Topic: Building Resiliency in Pre-Teens, Teens and Young Adults**

**Wednesday, October 18<sup>th</sup>, 2017**

**Topic: Self-Care when your Family is in Crisis**

A great opportunity to meet with other families  
who are parenting teens!

This is a challenging and exciting time -  
meeting with others is a way to feel connected and supported.

Come on out to an informal get together  
where we will be discussing interesting topics  
and strategies to help support you and your teen!

*All adoptive parents are welcome to attend.*

**Time:** 7:00 PM to 9:00 PM

**Cost:** \$10.00 per parent (for families with active TCB  
membership), \$20 per parent (without TCB membership)  
Light refreshments will be provided.

**Location:** The Children's Bridge Office,  
1400 Clyde Avenue, Suite 221

Please **RSVP** to Cathy Murphy [cathy.murphy@childrensbridge.com](mailto:cathy.murphy@childrensbridge.com)  
613-226-2112 ext. 6.