

Welcome to the Teen Years

For TVCC Youth, 12-19 yrs, and their parents/caregivers

Date: Tuesday February 16, 2021

Time: 6:30 – 8:30 p.m.

Place: Zoom online platform

Cost: None

Register: Online at
<https://teenyears.eventbrite.ca/>



Workshop Description:

Join us for a fun virtual workshop for TVCC youth and their parents/caregivers to explore what's helpful in the teen years.

There will be tips from parents and teens who have survived the teen years, sharing of ideas around promoting independence, the importance of peer connections, safety and social media, personal hygiene and healthy habits, and self-advocacy.

Participants will be given opportunity for small group discussion in break out rooms. Helpful resources will be shared with participants with an offer to follow-up by scheduling an individual consultation if needed.

In addition, parents of children and youth with autism are asked to provide their OAP Reference Number. If you believe your child is registered with the OAP and need help finding your number, watch this video, <https://youtube/VjTC3aZNYZQ> or email abs@tvcc.on.ca

This workshop will be facilitated on the ZOOM platform. Zoom Invitations will be sent out prior to the group. Zoom requires a computer and data. Please ensure that you have enough data on your home plan that you do not go over and incur extra charges.