



8 sessions

Wednesdays, 5 to 7:30 p.m.

Oct 17 and 24

Nov 7, 14, 21 and 28

Dec 5 and 12

**Childminding* and light dinner
are provided by
Family and Community Action Program**

*Childminding is for children 1 to 12
years of age. Infants stay with parents.

**Must Pre-Register
Limited Space**

Family and Community Action Program

Free Parenting Group for Parents/Caregivers of children birth to six years of age

- ✓ MEET with other parents of young children
- ✓ SHARE questions or concerns and ideas about being a parent
- ✓ LEARN about child development, safety, health, behaviour and resources in the community
- ✓ TALK about real-life parenting experiences
- ✓ WORK together with the support of a trained facilitator
- ✓ DISCOVER ways of positive parenting

*"There are no perfect parents, perfect children or perfect people.
We can only do our best, and we all need help once in a while."*



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www.welcomecentre.ca

**For registration, contact the
Ajax Welcome Centre at 1-877-761-1155**

