



7 sessions

Thursdays, 5 to 7:30 p.m.

Jan 11, 18, 25

Feb 1, 8, 15 and 22

**Childcare* and light dinner
are provided by Family & Community
Action Program**

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

**Must Pre-Register
Limited Space**

**For registration, contact the
Ajax Welcome Centre**

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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