



Busy Babies... Nobody's Perfect

**For parents
with children ages 0-6 years**

Children and Parents Connecting (CAPC)

The **Busy Babies... Nobody's Perfect** parenting group is an 8-week, parent support group for parents with children aged 0-6 years.

Our goals are to:

- Promote positive parenting
- Increase parents' understanding of children's health, safety and behaviour
- Help parents build on the skills they have and learn new ones
- Improve parents' self esteem and coping skills
 - Increase self-help and mutual support
 - Bring them in contact with community services and resources
- Help prevent family violence

** Families that complete the program will receive a grocery gift card!*

When:

Thursdays
10-11am

Starts:

Sept. 23rd, 2021

Where:

Online, using
Zoom

Contact:

Roberto at:
capc@carizon.ca
to register or for
more
information.

 400 Queen St. S, Kitchener

 519-743-6333

 www.carizon.ca

CARIZON
Inspiring Hope and Wellness in Our Community

*This program is funded by the Public Health Agency
of Canada*



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES