

**When:**

Wednesdays
1:30-2:30pm

Starts:

Sept. 22nd, 2021

Where:

Online, using
Zoom

Contact:

Stephanie 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

Busy Babies... Nobody's Perfect

For parents 25 and younger
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 and caregivers who are 25 and younger and have 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!*

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



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

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MS11 Same can we include the incentive on here & all of the posters? "Families who complete the program will receive a grocery gift card"

Melissa Strachan, 2021-07-19