



Child and Family Centre

# "Nobody's Perfect"

Birth to 6 years

Join us for this positive and empowering parent education program that informs parents about the "when's", "why's" and "what's" of the first six years.

We cover a range of topics that may include:

- stress management
- nutrition
- the importance of play
- behaviour management
- ages and stage of child development
- safety



Come out and meet with other parents, share stories, joys and concerns. Snacks and take home parenting books are available. Child-minding is available if needed.

