

Nobody's Perfect

Nobody's Perfect is a parenting program offered in communities by facilitators to help support parents and young children.

MEET with other parents of young children (ages 0-5)

SHARE questions or concerns and ideas about being a parent

LEARN about child development, safety, health and behaviour

TALK about real-life parenting experiences

WORK together with the support of a trained facilitator

DISCOVER ways of positive parenting

At **Nobody's Perfect** sessions, you can learn about your child's feelings, behaviours, body, and safety as well as sharing what it is like to be a parent.

Sessions are based on what you and other parents want to learn about, not step by step from a book.

*Sessions will be held from 5-7pm
July 4, 11, 18
August 1, 8, 15 2019
Family Resource Centre
145 West 1st St, North Vancouver*

*This 6-session series
requires a commitment
and is not a drop-in.
Childcare and snacks are
provided.*

*For more information or
to register, please
contact Lauren @
604-258-8539
nshfsw@nsh.bc.ca*

The program is voluntary and free.

