



Promoting Mental Health in Young Children

Fridays, January 4 - 25

Family Literacy Centre, CGC, 12:30 – 2:30

Child minding and snacks provided

To register for this **free** program contact:

Jo Lukawitski, Partners For Children

322-5990; FamilyProgs@partnersforchildren.info

Or talk to the FLC staff

Handle With Care is a free program for parents to:

Meet other parents and caregivers of young children

Discuss the ups and downs of everyday life

Explore solutions for dealing with stress and common parenting challenges

Envision ourselves and our child's future

