



Parenting can be hard, but you don't have to do it alone!

Nobody's Perfect Parenting Program for Foster and/or Adoptive Parents

**Mondays, September 17-October 29 (excluding Oct 8)
10:00a.m.-12:00p.m. (6 sessions)**

Mount Pleasant Neighbourhood House
800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mnph.org

- **Meet** with other parents of young children (0-5 years old)
- **Share** your questions, concerns, and ideas about parenting and kids
- **Learn** about child development, health and behaviour
- **Discuss** real-life parenting situations
- **Discover** positive ways of parenting

To register please contact Carmen (before July 2nd or after July 25) at:
ccontreras@mnph.org or 604.879.8208 ext 202

Childcare and snacks provided. Limited seats.



**Mount Pleasant
Neighbourhood House**



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