

Nobody's Perfect Parenting Program

Wednesdays 1 - 3:30 pm

Eight Weeks Starting November 25, 2009

Come and share information and ideas
with other parents.



Enjoy friendly company and conversation. *Get ideas and support. We'll talk about parenting issues and concerns such as:*

- Making time for yourself
- Children's growth and development
- Setting Limits
- Meal and bedtime routines
- Building your child's self-esteem
- Your concerns.

Childcare is provided. Dads are welcome to attend. For more information, call Kathy at 626-8483.