



# Nobody's Perfect Parenting Program

Nobody's Perfect Parenting is a place where parents can:

- **MEET** with other parents of young children
- **SHARE** questions, concerns and ideas about being a parent
- **LEARN** about child development, safety, health and behavior
- **DISCUSS** real-life parenting situations
- **WORK** together with the support of a trained facilitator
- **DISCOVER** positive ways of parenting



- Thursdays from 6:00—8:00 pm
- January 18th to February 22nd
- 6 sessions
- Pinecrest Queensway Community Health Centre, 1365 Richmond Road, Ottawa
- 

To register: online: <http://bit.ly/1kHBJcS>

Call: 613-820-4922 ext.3640

Email: [parent.ed@pqchc.com](mailto:parent.ed@pqchc.com)

\*If you require childcare, please contact us at 613-820-4922 ext. 3640