

# handle with care

**Handle with Care is a program for parents and other caregivers.**

This workshop uses activities, games and discussions that support the social and emotional well-being of children from 2 - 5 years as well as their caregivers. It helps you to:

- build your child's self-esteem
- help your child express emotions
- build a strong relationship with your child
- help your child form healthy relationships with others

## Saturdays

September 30<sup>th</sup> - November 4<sup>th</sup>

## 10 am - 12 pm

Birth Centre • 603 St Mary's Rd



*Registration is required. To register or for more information contact:*

204-947-2422 ext. 113  
1-866-947-1517

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women's  
health clinic