

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:

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

Tuesdays

February 20th - March 20th

5:30 - 7:30 pm

Birth Centre (603 St Mary's Rd.)



Childminding is available and children are welcome.

Children who attend will be involved in some of our activities.

A light supper will be provided.

*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