

# 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

Sessions will include discussions and activities for parents, along with take home activities that you can complete with your child during the week.

**Mondays • 5:30-7:30pm**

**February 25<sup>th</sup> - March 25<sup>th</sup>, 2019**

**Birth Centre (603 St Mary's Rd.)**

A light supper will be provided.  
Childminding is available.



*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