

Supper Connection Grace Place

Some topics covered:

- **Nutritional Information**
- **Budgeting**
- **Healthy Eating**
- **Cooking for Picky Eaters**

Our free Supper Connection program will help you and other parents like you come together and share a nutritious meal with your children, and engage in valuable parenting education.



 For moms, dads and caregivers with children 6 vears and under

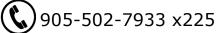
Meet other young parents, enjoy a FREE meal, and learn valuable parenting information including how to make healthy food choices for your family!

Grace United Church 156 Main St. N. Brampton, ON Mondays 5:00p.m.-7:00p.m. May 8 to July 24





To register or for more information e.torres@vitacentre.org



Thanks to Dewdney Foundation!

For more information about our programs visit www.vitacentre.org