



For pregnant and
parenting youth

Nobody's Perfect is...

- ◆ A parenting education and support program for parents of children from **birth to age five**
- ◆ Based on five easy-to-read, colourful booklets given to parents: **Behaviour, Safety, Body, Mind, Parents**
- ◆ **Nobody's Perfect** is designed to strengthen positive parenting skills
- ◆ **Nobody's Perfect** gives parents a safe place to meet others with children of the same age and with whom they share interests and concerns



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

The sessions are free, interactive and fun. Child care and snacks are provided. The program is facilitated by a trained **Nobody's Perfect** Facilitator. Different resource programs and agencies offer **Nobody's Perfect** as part of their regular programming across Canada

Malton Neighbourhood Services

3540 Morning Star Dr.

Tuesdays 1:00-3:00pm

Starting September 19th



To register or for more information



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905-502-7933 x225

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

