



Growing as Parents (G.A.P.)

Some topics covered:

- Managing Child Behaviours**
- Attachment**
- Discipline**
- Budgeting**
- Child & Infant Safety**
- Healthy Relationships**
- Self Care**

Our **free Growing as Parents** program will help you learn the parenting and life skills you need to handle tantrums and more!



A great way for you to meet other parents in your area!

Light snacks and bus tickets provided. Parents are encouraged to bring their children, as free child minding is available on site.


See reverse for locations



**United Way
Greater Toronto**

To register or for more information

 e.torres@vitacentre.org

 905-502-7933 x225

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

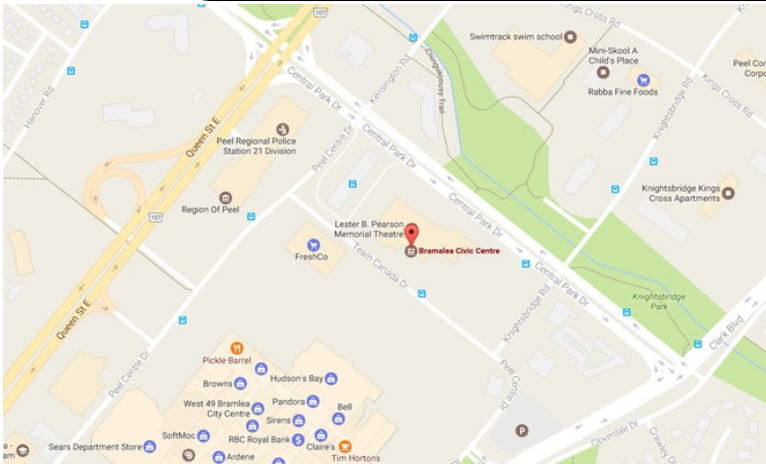


Growing as Parents Malton location



Malton Neighbourhood Services
3540 Morning Star Dr.
Mississauga
Tuesdays from May 8th to July 24th,
2018
1:00pm to 3:00pm

Growing as Parents Bramalea location



Bramalea Civic Centre
150 Central Park Drive, Suite
101
Brampton
Fridays from May 11th to July 27th,
2018
1:00pm to 3:00pm

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