



Supper Connection Angela's 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 years and under**

Nutritious meal, bus tickets and grocery gift cards

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

Angela's Place
45 Glen Hawthorne Blvd
Mississauga, ON
Wednesdays
5:00 p.m.–7:00 p.m.
May 9th to July 25th



United Way
Greater Toronto

To register or for more information
e.torres@vitacentre.org 905 502-7933 x 225
For more information about our programs visit
www.vitacentre.org