



## 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



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

### Offered in partner agency

**locations in Mississauga and Brampton;  
series run for 12 weekly sessions in**

**Fall (September to December), Winter  
(January to April), and Spring/Summer  
(May to July)**

### 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



### To register or for more information

