



Supper Connection

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!

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)



To register or for more information

 e.torres@vitacentre.org  905-502-7933 x225

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