

Tip Sheet

Friday

Our goal is to help you feel less isolated. While you engage with other community members for support. Enjoy a cup of coffee, while we help you build confidence within your parent/caregiver role, as well as develop positive skills. We will do this by discussing many topics, and focusing on Triple P Tip Sheets.

A follow-up session can be done by phone or in person to inquire about progress made, and to plan the next steps if further support is desired

Friday
January 24

10:00 AM - 11:30 AM

Wellness & Community Connections Centre
4725 43rd Street

Registration is required for all programs
Call: 403 864 5583