



Busy Babies... Nobody's Perfect

For parents
with children ages 0-6 years

Children and Parents Connecting (CAPC)

The **Busy Babies... Nobody's Perfect** parenting group is an 8-week, parent support group for **Arabic speaking** parents and caregivers.

Our goals are to:

- Promote positive parenting
- Increase parents' understanding of children's health, safety and behaviour
- Help parents build on the skills they have and learn new ones
- Improve parents' self esteem and coping skills
 - Increase self-help and mutual support
 - Bring them in contact with community services and resources
 - Help prevent family violence

Families that complete the program will receive a grocery gift card!

Note: This program will be facilitated in English and translated by an Arabic speaking interpreter.

When:

Thursdays
1-2:30pm

Starts:

Sept. 23rd ,2021

Where:

Online, using
Zoom

Contact:

Leyla at:
capc@carizon.ca
to register or for
more
information.

 400 Queen St. S, Kitchener

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 www.carizon.ca

CARIZON
Inspiring Hope and Wellness in Our Community

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Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES