



Catholic Community Services of York Region

Serving people from diverse cultures

Presents:

Preparing New Parents Program

**A 5-WEEK MANAGEMENT SKILLS PROGRAM
FOR NEW AND EXPECTANT PARENTS**

**Location: Ontario Early Years Centre
7755 Bayview Ave, Thornhill**

**Date: Wednesdays from February 1st to February 29th
(7:00 - 9:00 p.m.)**

The topics to be covered will include:

- **The Importance of Parents in Child Development, Discipline**
- **Anger Management and Conflict Resolution**
- **Stress Management and Time Management**
- **Illness Management, Nutrition and Safety**
- **The Value of Reading and Playing with Children**

Register for this free program call:

CCSYR at: 905-770-7040 or 1-800-263-2075 ext: 237

E-mail: groups@ccsy.org

This program is made possible through the generous support of these funders:

