



Northern Lights
Family Resource
Network

Within a group setting, parents participate in facilitated sessions that:

- 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



Nobody's Perfect is a place where parents can:

- **MEET** with other parents of young children (ages 0-5)
- **SHARE** questions or concerns and ideas about being a parent
- **LEARN** about child development, safety, health and behaviour
- **TALK** about real-life parenting experiences
- **WORK** together with the support of a trained facilitator
- **DISCOVER** ways of positive parenting

Now taking registrations:

On line: www.hpdcrc.ca

Email: hpdcrc@telus.net

Phone: 1-866-218-6859

