







PARENTING SERIES

Come and join us for a 4 week parenting series!

11:00am - 12:00pm on Tuesdays

Facilitated by Ahren Steinman (Family and Children's Services)
and Jessica Borges (Greenway-Chaplin Community Centre)

	<p>Tuesday, March 7 The Cambridge Food Bank</p>	<p>A presenter from The Cambridge Food Bank will discuss how they provide support and resources to those in Cambridge.</p>
	<p>Tuesday, March 21 KidsAbility</p>	<p>A Speech and Language Pathologist from KidsAbility will provide an overview of speech and language milestones for children 0-5.</p>
	<p>Tuesday, March 28 Mindfulness</p>	<p>This workshop will provide opportunities to explore mindfulness techniques.</p>
	<p>Tuesday, April 4 Systems Navigator</p>	<p>A Cambridge Systems Navigator will present information about how she supports individuals and families with a variety of services.</p>

Location:

Greenway-Chaplin Community Centre - 116 Rouse Avenue or
Virtually on Zoom

Contact Jessica at 519-623-4220 - ex. 102 or
jessicab@greenwaychaplin.com

<http://www.greenwaychaplin.com/events>

