



Parenting can be hard, but you don't have to do it alone!  
A six-week program for parents with children 0-5 years old

# Nobody's Perfect Parenting Program

Thursdays, January 17-February 21, 2019 | 6-8 p.m.

Mount Pleasant Neighbourhood House  
800 East Broadway, Vancouver  
Unceded Coast Salish Territory  
[www.mnph.org](http://www.mnph.org)

**NPP is co-facilitated, interactive, informative and fun!**

**Meet** with other parents of young children (0-5 years old)

**Share** your questions, concerns, and ideas about parenting and kids

**Learn** about child development, health and behaviour

**Discuss** real-life parenting situations

**Discover** positive ways of parenting

Please contact Carmen at [ccontreras@mnph.org](mailto:ccontreras@mnph.org) or 604-879-8208 ext. 202

Childcare available on request. Snacks provided. Limited seats.



Mount Pleasant  
Neighbourhood House