

FREE

FOR PARENTS
WITH KIDS
0-6

FOR ANY
IMMIGRATION
STATUS



IMPACT Parenting Program

Learn, bond & connect!

A place for parents, caregivers & grandparents to get support in their parenting journey in Canada

Join Immigrant **P**arent & **C**hildren **T**ogether (IMPACT) to:

- Get information and support on raising happy, healthy children in a new country
- Learn about child development and behaviour
- Improve your confidence and coping skills as a parent
- Listen to guest speakers on nutrition and exercise, mental health, managing stress, technology, injury prevention and getting involved in your community
- Practise your English language skills and connect with other parents
- Access community resources and referrals
- Bond with your children over activities such as circle time and field trips

Tuesdays, 12:30–2:30 pm

Plus, Men's Group on Saturdays, 9:30–11:30 am

At DIVERSEcity Newton Town Centre Campus

#1107 – 7330 137 Street, Surrey, BC

Who's eligible?

- Parents (with English CLB 3+) with children ages 0–6

REGISTER



604-547-1310



impact@dcrs.ca



dcrs.ca/impact



Registration is open for sessions starting in January 2023. Free childminding and snacks for kids.

In collaboration with



Public Health
Agency of Canada

Agence de la santé
publique du Canada

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