

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 Parent & Children Together (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, October 17 to December 19, 12:30–2:30 pm

At DIVERSEcity Newton Town Centre Campus (#1107 – 7330 137 Street, Surrey, BC)

Thursdays, October 5 to December 7, 10 am – 12 pm

At Guildford Recreation Centre (15105 105 Avenue, Surrey, BC)

Who's eligible?

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

REGISTER



604-306-2314



impact@dcrs.ca



dcrs.ca/impact



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

In collaboration with



Public Health
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Agence de la santé
publique du Canada

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