



Sign up for the in person group based

Nurturing Parenting Program

for families with children ages 0-6.

This 12-week program runs every Tuesday beginning
September 12th, 2023 and ending on
November 28th, 2023.

What you will learn about

- ◆ Empathy
- ◆ Discipline
- ◆ Age-appropriate expectations
- ◆ Bonding and attachment
- ◆ Self-awareness
- ◆ Expressing feelings
- ◆ Brain development
- ◆ Self-care

What's involved

- ◆ Parent/child interaction time
- ◆ Pre/post check-in
- ◆ Parent coaching
- ◆ Fun, friendship, self-discovery
- ◆ Supported referrals
- ◆ Graduation ceremony

Please email FDC@cupscalgary.com or call (403)
221-8780 extension #4 to register.

Join us on Social Media!

Facebook: www.facebook.com/earlyyears.cups/

Instagram: cups_families

