



**A FREE program for parents/grandparents, and your child (age 0 to 5)**

完美難求免費家長課程: 為家長,祖父母及五歲以下兒童而設。

主題包括: 兒童生長發展、幫助孩子養成良好行為、保持孩子的健康等

- **MEET** with other parents of young children
- **SHARE** questions, concerns and ideas about being a parent
- **LEARN** about child development, safety, health and behaviour
- **DISCUSS** real-life parenting situations
- **DISCOVER** positive ways of parenting

**\* Free Child-minding (limited space) 附設托兒服務**

**Date: April 8–May 27, 2019 (every Monday, \*no class on April 22 & May 20)**

**Language: Cantonese 廣東話**

**Time: 10am-12pm**

**Place: Richmond Caring Place 295-7000 Minoru Blvd.**