

# Nobody's Perfect Parenting Program

## 完美難求免費家長課程

*A FREE program for parents/ caregiver/ 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



**Family Services**

of Greater Vancouver

Creating brighter tomorrows.

- **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 available* 附設托兒服務

<b>April 6-May 11, 2018</b> Friday 10am-12pm	<b>Mandarin</b> 國語	Richmond Caring Place #295 -7000 Minoru Blvd.
<b>May 18-June 22, 2018</b> Friday 10am-12pm	<b>Cantonese</b> 粵語	Richmond Caring Place #295 -7000 Minoru Blvd.

**For registration & enquiries 報名及查詢:**  
**604.279.7100 or email: [dye@fsgv.ca](mailto:dye@fsgv.ca)**

**Vancouver Coastal Health**  
Promoting wellness. Ensuring care.

