



HELP Families

Social Peer Support

Free lunch and childcare included

Parenting Skills

Update Skills- Money
Management, Computer Skills,
Literacy Skills, Self-Esteem
Building

PLUS LOTS OF COOKING, SOCIALIZATION

AND FUN

Mondays 11:00am-1:00pm at H.E.L.P

Starting Sept.17, 2018

780-865-1686 to register

