



HELP Families

Social Peer Support
Parenting Skills

Cooking, Money Management,
Computer Skills, Literacy Skills,
Self-Esteem Building, Mental
Health Support and more

**PLUS LOTS OF SOCIALIZATION
AND FUN**

Free lunch and childcare included

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

Starting Sept. 9, 2019

780-865-1686 to register

