

SAHARA PARENTING GROUP

This support group runs every Wednesday from **5:00pm to 6:30pm**. Designed to raise awareness and provide education on building positive and healthy relationships, this group offers a welcoming space for parents and caregivers to learn and share together. Each session focuses on strengthening family connections through guided discussions and practical tools.

LEARN MORE ABOUT:

- ✓ Strengthening parent-child relationships
- ✓ Bullying awareness
- ✓ Understanding cultural differences
- ✓ Developing healthy communication Skills
- ✓ Support with education and career planning

FOR MORE INFORMATION

Alizeh Hassan
alizeh.hassan@pchs4u.com
365-866-3320



PROGRAM LOCATION

**60 WEST DRIVE. SUITE 101
BRAMPTON, ON L6T 3T6**

**WEDNESDAYS
5:00PM TO 6:30PM**