

SAHARA PARENTING GROUP

This support group runs in person every Wednesdays from 5:00pm to 7:00pm. 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

** Free for all participants*

FOR INFORMATION AND REGISTRATION:

karman.gill@pchs4u.com
or 365-866-3320



WEEKLY WEDNESDAY GROUP

**LOCATION: 60 WEST DRIVE, UNIT 101,
BRAMPTON**

TIME: 5:00 PM – 7:00 PM