Building Healthy Families Parent Group

Are you looking for ways to solve every day parenting struggles?
Would you like to find strategies to nurture your child's developing mind?

Being a parent is a tough job. We get lots of information on how many things impact our children in their healthy growth and development but we don't usually get a toolkit complete with resources to help us raise healthy, competent, happy, successful children / youth.

Join us to explore how brain research supports and grounds some of our parenting practices and leads the way to new skills and strategies so that we can become more effective parents.

Location: John Lake School,
2606 Broadway Ave. Saskatoon
Room #5

Dates: Sept. 20, Oct. 4 & 18, Nov. 1 & 15, Dec. 6
Times: 9:30 am to 11:30 am
No childcare available

No registration necessary: Drop-in program open to everyone

Contact CFS Saskatoon for more details on topics

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