



FREE  
Parenting  
Group

# ParentTalk

No registration required. Learn more online: [bit.ly/ParentTalk30](https://bit.ly/ParentTalk30)

Parenting is tough! Let's talk about it. Join us for a casual opportunity of sharing parenting experiences and challenges.

**Every Wednesday starting January 30  
from 9:00 - 11:00 am  
Birchland Elementary  
1331 Fraser Ave. Port Coquitlam**

Discussion topics are based on the parenting interests of the group and may include communicating with your child, positive discipline strategies, adapting to your child's temperament and more!



BUILDING BLOCKS FOR BETTER LIVES

**Westcoast  
Family Centres**