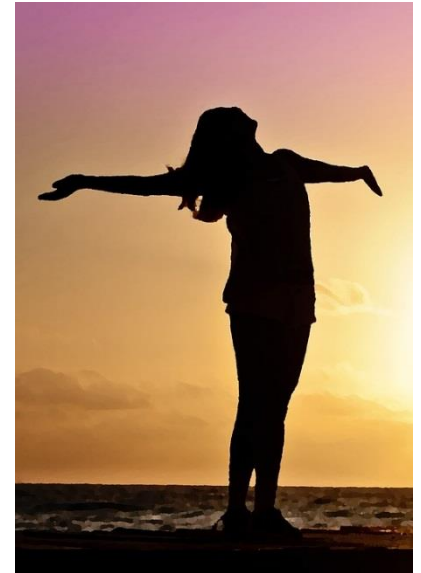


Lac Ste. Anne County Parent Link / Early Childhood Development Initiative

in partnership with  **Alberta Health
Services**

is pleased to present:

Nurturing Yourself



Facilitated by
Suzanne Hanly,
Mental Health Promotion Facilitator, Addictions & Mental Health

Friday, September 22nd 1:00 – 3:00 pm
Room #7, Onoway Heritage Centre

As parents, it's commonly felt that some of our own needs tend to take a backseat as we care for and nurture our families. It is important that we take the time to tend to our own needs and even desires. Join us for some great discussion on learning what it means to nurture your own wellbeing.

Pre-registration is required for this FREE program by September 18.

Childcare is available, but MUST be requested at time of registration.

To register, or for more information, please contact:

Cathy Steeves, Parent Link/Early Childhood Development Coordinator,
Lac Ste. Anne County, 780-785-3411 ext. 3682, 1-866-880-5722, or csteeves@LSAC.ca