

Need Help Coping with Your Children?

C.O.P.E.

The Community Parent Education Program



This seven session parenting program will help parents to:

- ✓ Build positive relationships with their children
- ✓ Manage those stressful times of the day (like before school, mealtimes, bedtimes)

All C.O.P.E programs are
FREE of charge!
Refreshments will be
provided.

**Randall Kinship Centre
1680 Albert St.
Regina, Sk.
April 27—June 8, 2017
Thursdays
1:00 — 3:00 p.m.**

**NO
CHILD CARE
IS PROVIDED**

**To register and for more
information, please contact
Child and Youth Services
at 766-6700.**