

# Young Parents Group

Every Thursday 12-2pm  
At the Family Place  
Starting September 15



Lunch  
Grocery vouchers  
Prenatal vitamins  
Referrals  
Guest speakers  
Peer support

This is a drop in group for moms (and dads!) under 25 years old and are either pregnant or have babes/toddlers/pre-schoolers. This is a safe, non-judgemental space to talk about the challenges that younger parents face. There will be a speaker every week discussing topics like discipline, budgeting, nutrition and sexual health.

Call Cathy for more info at  
250-352-6678 x 228

Family Place  
312 Silica Street  
Nelson, bc  
250-352-6678 x 228  
cathys@kootenaykids.ca