



# PARENT'S NIGHT OUT

Monday, April 12  
6:00—7:30pm

Please join the Parent Community Developers for a **FREE** casual evening with other parents and children on the first Monday of each month. Children are welcome or come alone for a night out. Snacks, coffee and an adult activity planned for each month. Feel free to bring any parenting ideas/challenges that you would like to discuss with the group.

## Monday night topic:

### What do the ingredient labels on food actually mean?

Monica is a registered holistic nutritionist specializing in diet and the effects on children's behaviour. Please bring in a sample of food items you have concerns or questions about and Monica will discuss with the group the ingredients and nutritional value.

### Seymour Family Place, 2425 Mount Seymour Pkwy

(Upstairs at the Seymour Youth Centre, in between Ice Sports and Ron Andrews Rec Centre)

For more information, please contact your neighbourhood Parent Community Developer at  
(604) 983-6444 ext 849

To book **FREE** childminding spaces, please contact Mira at (604) 723-1494

## FIRST YEARS COUNT:

### Our Children, Our Community, Our Commitment

North Shore Community Agencies Working Together for Children

Funded by Community Action Program for Children (CAPC)

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