



# Healthy Relationships for Families

A FREE 5 session program for indigenous parents living in Tri-Cities, Maple Ridge or Pitt Meadows. This program aims to reinforce healthy relationships between partners, and between parents and children, with an emphasis on self-awareness, trauma and resiliency, parenting strengths, communication and working through conflict

Every Thursday between  
November 16th - December 14th 2017  
5:30 - 7:30pm  
Family Education and Support Centre  
22554 Lougheed Highway, Maple Ridge

**FREE PARENTING PROGRAM + CHILDCARE + DINNER**

Register Online Today: [bit.do/HRNov](http://bit.do/HRNov)  
Contact: [groups@westcoastfamily.org](mailto:groups@westcoastfamily.org)



BUILDING BLOCKS FOR BETTER LIVES  
Westcoast  
Family Centres



Indigenous and  
Northern Affairs Canada

Affaires autochtones  
et du Nord Canada