



# SURVIVE

# AND THRIVE!

How to survive and help your little ones thrive

## WANTED

Dads, Moms and Children  
To Relax...Socialize...and Learn

2<sup>nd</sup> Tuesday of Month (starting 8 Jan 08)  
0900-1100 at the Omni

### Topics of Discussion:

- ☺ Growth and development,
- ☺ Ages and stages, and
- ☺ Tips on healthy parenting for children 0-3 yrs

POC: Roberta (New Parent Support Nurse) at 634-0626

