

# COFFEE CONNECTION

Come join Peggy Humphries, Carizon's Community Resource Worker, for an informative conversation that will provide opportunities for parents to learn more tools, approaches, and information on wellness.



Christen will be joining us from [www.ParentingNow.ca](http://www.ParentingNow.ca) to talk about online resources for parenting advice and finding support through local services and resources.

**Wednesday, November  
28, 2018**

**This Month's topic:**

**SOUTHRIDGE P.S.  
9:30 - 10:30 AM**

**Call the School to Register and  
Reserve Your Spot!**

Join in the  
conversation

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Learn some new  
tools

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Share your  
experience

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Ask questions!

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Enjoy some child-  
free time with a  
cup of coffee/tea  
in hand

PEGGY HUMPHRIES

Carizon Family &  
Community Services

Community Resource  
Worker Program

**CARIZON**  
Inspiring Hope + Wellness in Our Community