

saskatchewan
preventioninstitute
our goal is **healthy** children



Nobody's Perfect
A Parenting Program
for Parents of
Children Birth to
Age Five

www.skprevention.ca

What is Nobody's Perfect?

Nobody's Perfect is a parenting education and support program designed to strengthen parenting skills.

What does Nobody's Perfect offer?

- Opportunities to share knowledge and experience with other parents.
- Information on children's health, safety, and behaviour.
- Group discussions and activities on topics parents want to learn more about.
- Development of relationships with other parents.
- Knowledge about resources in your community.

How does it work?

- The group discussions and activities are guided by a qualified person.
- Transportation, childcare, and snacks are provided when possible.
- The program is free of charge and includes a set of five books relating to parenting.

The Nobody's Perfect Parenting Program is funded by Saskatchewan Social Services and coordinated by:
Saskatchewan Prevention Institute

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