



<b>Mondays</b> 9:30am - 11:30am	8 weekly sessions Starting April 17 6140 McKercher Ave.	<b>NOBODY'S PERFECT (KOREAN)</b> - An educational and support program for parents with children 0-6 years ready to explore parenting ideas in a group setting.
<b>Tuesdays</b> 12:30pm - 2:30pm	8 weekly sessions Starting April 11 6140 McKercher Ave.	<b>NOBODY'S PERFECT (ENGLISH)</b>
<b>Tuesdays</b> 6:00pm - 8:00pm	8 weekly sessions Starting April 11 Online	<b>FATHERHOOD, A JOURNEY</b> - Learn about different parenting styles and approaches to better understand your child's challenging behaviors, how to respond, when to intervene, how to communicate to build respect and cooperation and much more.
<b>Wednesdays</b> 12:30pm - 2:30pm	8 weekly sessions Starting April 12 6140 McKercher Ave.	<b>CALM &amp; CONFIDENT PARENTING</b> - 8 weekly sessions to share strategies and ideas that will help create calm and joyful moments for you and your family.
<b>Wednesdays</b> 6:00pm - 8:00pm	7 weekly sessions Starting April 12 6140 McKercher Ave.	<b>SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP)</b> - Learn about different parenting styles and approaches to better understand your child's challenging behaviors, how to respond, when to intervene, how to communicate to build respect and cooperation and much more.
<b>Wednesdays</b> 6:00pm - 8:00pm	Ongoing weekly sessions	<b>SINGLE MOTHERS' SUPPORT GROUP</b> - Come, connect, and meet other single moms. Learn about helpful resources, share stories and support in a friendly space while enhancing your independence.
<b>Thursdays</b> 12:30pm - 2:30pm	8 weekly sessions Starting April 13 6140 McKercher Ave.	<b>PARENTING FOR IMMIGRANTS</b> - raising children in a new country is a difficult task. Join us to learn about helpful information on child development, the Canadian school system, child-care options, positive discipline, healthy nutrition and much more.
<b>Thursdays</b> 6:00pm - 8:00pm	8 weekly sessions Starting April 13 Online	<b>UNDERSTANDING YOUR ANGER (ANGER MANAGEMENT FOR MEN)</b> - A group for men who want to gain an understanding of the causes and effects of their anger.
<b>Thursdays</b> 6:00pm - 8:00pm	Ongoing - every first and third Thursday of the month	<b>SUPPORT &amp; PEER GROUP FOR PARENTS OF 2SLGBTQIA+ CHILDREN/YOUTH</b> - Engage in meaningful dialogue as a parent of a 2SLGBTQIA+ child/youth as you are guided by a facilitator to build weekly discussion topics related to parenting, and available resources and supports.
<b>Fridays</b> 9.30am - 11.30am	10 weekly sessions Starting April 14 4535 Kingsway (5th floor)	<b>IMMIGRANT WOMEN'S SUPPORT GROUP</b> - Come and meet other immigrant women who share similar experiences and learn about our beautiful city, community resources, education, employment, healthcare etc. while sharing your stories in a safe and supportive environment.
<b>Fridays</b> 12:30pm - 2:30pm	8 weekly sessions Starting April 14 205-7355 Canada Way	<b>NOBODY'S PERFECT (ENGLISH)</b>
<b>Saturdays</b> 2:00PM - 4:00PM	7 weekly sessions Starting April 15 6140 McKercher Ave.	<b>SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP)</b>

Family Life Education programs encourage individuals, parents and families to develop healthy and caring relationships by providing education and support.

Free childcare available for children 18 months to 10 years with pre-registration. Snacks and bus tickets are also available.

Registrations open March 1, 2023. To register and for more information please visit: [www.burnabyfamilylife.org](http://www.burnabyfamilylife.org) or call 604-659-2200

No programs on Statutory Holidays

