

EXPANDING HOPE

kindred | terracentre

EXPANDING HOPE PRESENTS LIFE SKILLS GROUP

WHO CAN ATTEND?

Young parents up to age 21 across Alberta

DATES & TIMES:

Tuesdays 6:00-7:30 p.m. MST
April 11th, April 18th, April 25th, and May 2nd

Sessions will take place virtually.

SESSIONS:

APRIL 11: Self Care/Wellness

APRIL 18: Effective Communication

APRIL 25: Money Management Talk

MAY 2: Guest Speaker on Benefits and Taxes



If you would like more information
or to register, please contact
Chrissy and Keara at
Expanding.Hope@kindred.ca

Chrissy Keara
403-607-0463 780-267-5125

A Zoom link will be sent
once interest is confirmed.