

# Thriving Young Parents Encouragement Circle



**FREE** for parents of any age group

In this new era, with more expectations and less free time than ever before, parenting is hard. Young parents need support, and that is why **Glass Castle Coaching**, and the **YMCA Parent Program** are offering **Thriving Young Parents Encouragement Circle**, a **FREE group** in which parents can discuss the challenges and concerns they are facing.

Whether you are the meticulous Type A parent, the laid-back Type B parent, or somewhere in between, **Thriving Young Parents Encouragement Circle (TYPE C)** is a warm, welcoming place to enjoy some light refreshments and meet with other parents like you!



For more information contact the **YMCA Parent Program**:  
403-928-6421 or [parentprogram@medicinehatymca.ca](mailto:parentprogram@medicinehatymca.ca)

**Starts September 9th**

Runs every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday

**11:30am to 1:30pm**

**Medicine Hat Public Library**

(Honor Currie Room)



**medicine hat  
public library**

**YMCA  
Parent Program**



**Glass Castle  
Coaching**

Clarity • Strength • Growth

Shine On 

