



# TINY TOES WELLNESS

A parent-child program focusing on physical, emotional and social wellness that encourages exploration of our well-being as people and our relationships with our children.

The content will include weekly grounding and relaxation exercises for parents and children, fun activities that explore our personal wellness and a closing circle sing-along.

*Topics will include but are not limited to caregivers and child(ren)'s needs, love and self-compassion, mindfulness, our 5 senses, emotions.*

WHERE:  
SOUTH VANCOUVER  
FAMILY PLACE,  
7710 NANAIMO  
STREET,  
VANCOUVER

DATES:  
TUESDAYS  
MAY 24, 31,  
JUNE 7, 14, 21, 28

TIME:  
1-2:00PM

TO REGISTER CONTACT  
CARRIE AT  
[CARRIE.SVFP@GMAIL.COM](mailto:CARRIE.SVFP@GMAIL.COM)



Group facilitator:  
Carrie Cassidy, M. Sc.

is a family support worker at the SVFP Fraserland drop-in and is raising three amazing humans. She is passionate about helping others build self-compassion and promoting strong parent child relationships.