

## **Calgary Urban Project Society (CUPS)**

<https://www.cupscalgary.com/programs-services/social-support/parent-education-nurturing-parents-program>

**403-717-0922**

403-221-8780

- Free parent programs, supports and early intervention for low income families.
- PARENT EDUCATION & NURTURING PARENTING PROGRAM: free parent education programs, classes and activities that help caregivers build positive skills.
- Service targeted to low income earners with one or more children (or expecting a child).
- Service offers:
  - goal setting
  - parent education and skill development
  - Family resource centre that can provide referrals to community resources
  - lunch, childcare and transportation assistance while attending appointments and groups.
- Hours of operation:
  - Monday – Friday: 8:00AM – 4:00 PM