

Parenting Programs

Toronto Public Health's Injury Prevention and Substance Abuse Prevention team offers the following free parenting programs:

- **At Home Alone** is a two hour workshop for parents and their 10-14 year olds, to help them prepare to be at home alone safely
- **Kids Have Stress Too!** is a three session program for parents of 4-9 year olds which helps them understand stress in children and learn effective ways to help children deal with stress.

If you have a group of parents/caregivers that are interested in any of the above programs, please contact Toronto Health Connection at 416-338-7600 or visit www.toronto.ca/health (see A-Z index, Parenting).

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