



PARENT
RESOURCE
CENTRE
OTTAWA

If you have
questions,
we want to
hear from
you

You
are not
alone.

PARENT SUPPORT LINE

All parents have questions and we're here to help you work through them.

613-482-8173

MON, TUES, THURS, AND FRI FROM 9 AM TO 4 PM
WED FROM 11 AM TO 7 PM

or email us at

parentingsupport@parentresource.ca

We are here to support your inquiries/concerns about:

- *child behaviours*
- *child development*
- *general parenting questions*

Free. Confidential.
Non-medical service.

