



# Triple P<sup>®</sup> Discussion Group

## HASSLE-FREE MEALTIME



**Are meal times a tough time with your children? Are you always exhausted after dinner time?**

If you have a child ages birth through age 5 in Nash or Edgecombe counties, join us at Down East Partnership for Children to learn helpful tips to make meals pleasant.

**April 15 (Tuesday)**

**5:30-7:30pm**

**IN PERSON at DEPC**

**Registration Required.**

**DINNER & CHILD CARE PROVIDED.**

**Gas cards and play incentives!**



# REGISTER TODAY!

← Scan the QR code to register.

**EMAIL Amber Payton at [APayton@depc.org](mailto:APayton@depc.org) or  
CALL 252-985-4300, ext. 233**

SPACE IS LIMITED.



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider.

215 Lexington Street | Rocky Mount, NC 27801 | [252-985-4300](tel:252-985-4300) | [www.depc.org](http://www.depc.org)