



ELIZABETH FRY  
SOCIETY OF OTTAWA

# parenting inside out®

For more information on **Parenting Inside Out®** or to  
register for classes, contact:

343-551-6588 or  
[rebecca.rynard@efryottawa.com](mailto:rebecca.rynard@efryottawa.com)

*Elizabeth Fry Society of Ottawa supports and advocates for young  
and adult women in our community who are criminalized or may  
become criminalized*