



## **Parent Café**

October 26, 2021 (*every 4th Tuesday*) 2:00 PM - 3:30 PM (*please join by* 2:15 PM)

**CURRENT SERIES THEME:** 

Strong homes and healthy minds for the holidays

**TOPIC:** Strengthening homes for families

Cafés are hosted **by parents for parents.** They provide parents and
caregivers a safe and welcoming space to
connect and learn from each other. They
are centered on the Strengthening
Families™ Five Protective Factors:

RESILIENCE | RELATIONSHIPS | KNOWLEDGE | SUPPORT | COMMUNICATION

## This Month's Focus:

Support

Everyone needs help sometime

Resilience

Being strong and flexiable



\$10 gift card for attending!

**To join the Café**, click this Zoom link: <a href="https://zoom.us/j/96469137325">https://zoom.us/j/96469137325</a> Meeting ID: 964 6913 7325 | Phone Number: +1 312 626 6799 US (Chicago)

To learn more, contact:

Ms. April Young, Family Engagement Specialist ayoung@visionforchildren.org | 314-534-6015 ext.122

Developed under grant number H79SM082367-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.