



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 flexible



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

To learn more, contact:

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