

# Parent Café

**Thursday, May 19th**  
**7:30 PM - 9:00 PM**

**This Isn't What I Expected:  
Being a "Good Enough" Parent**  
Cafe Series April-June (4/21, 5/19, & 6/23)

Cafés provide 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**

## Café Follow-Up Hour: A Deeper Dive for Strengthening Families

**Thursday, June 2nd**  
**7:30 PM - 8:30 PM**

*Future Date: July 7th*

Grab a cup of coffee or tea and join us in uplifting conversations at our Café Follow-Up Hour: A Deeper Dive for Strengthening Families.

These will include a short presentation, engaging parent conversations about concerns and successes of everyday parent/child moments.

In Partnership:



LUME INSTITUTE



### To join the Café on 5/19:

Click this Zoom link: <https://zoom.us/j/96469137325>  
Meeting ID: 964 6913 7325 | Phone Number: +1 312 626 6799

### To join the Deeper Dive on 6/2:

Click this Zoom link: <https://zoom.us/j/81375027894>  
Meeting ID: 81375027894 | Passcode: 579498 | Phone Number: +1 312 626 6799

Register here:

