



Parent Café

CURRENT SERIES THEME: WORK/LIFE BALANCE

How to become the best version of yourself.

3rd Tuesdays | **July -September**
6:00PM- 8:00PM

or

3rd Wednesdays | **July- September**
10:00 AM - 12:00 PM

\$20 gift card for attending!

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

JOIN US!

To join the Café, click this Zoom link:
<https://us06web.zoom.us/j/88668299936>

To learn more, contact:
Katina, Family Engagement Specialist
kjohnson@visionforchildren.org
314-534-6015 ext.112

