

LIFE

Vitality Café

Vitality Cafés provide an opportunity for informal but highly structured small group conversations that promote peer-to-peer learning and deep individual self-reflection. Through the Journey to Vitality Cafés, you will use the domains of vitality to assist you with deciding how to chart your path. Think about what needs to change, in order for you to get where you want to go. The structure provided by the Journey to Vitality Café agreements ensure a safe environment for participants to build life skills and explore their challenges and opportunities.

Dates
June 5th
July 3rd
August 7th

Time
6PM to 8PM



St. Louis City and St. Louis County Families

To learn more, contact:

Katina, Family Engagement Specialist

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314-534-6015 ext.112

\$20 gift card for attending each session!