

Attend Parent Cafe'

Are you a stay at home mom, or caretaker looking for a break from your child/ren for an hour and would love to communicate with other adults? Parent Cafe' is the place for you.

Parent Cafe' is a safe space for moms and caretakers to relax, reflect, and talk about joys and challenges of raising a family. They are judgment free zones where we share experiences and resources while learning from one another. Parents are the leaders and experts in their own lives.

The Strengthening Families Protective Factors:

- * Resilience: Parent Resilience
- * Relationships: Social Connections
- * Knowledge: Knowledge of parenting and child development
- * Support: Concrete support in times of need
- * Communication: Social and emotional competence of children

We will meet on the 2nd and 3rd Mondays, Sept. thru May (not during Christmas or Spring Break). from 8:45 a.m. to 10:00 a.m. at St. Paul's Lutheran Church, 130 S. Walnut St., Bucyrus in the fellowship hall. Please call the church from 9:00 a.m. to 1:00 p.m. at 419-562-5791 if you can attend. Infants will stay with parent. Toddlers (Ages 1-4) will go to the nursery with 2 adult church volunteers to have singing/music, a Bible story, movement, art project to take home, and a snack.

Please print:

Name _____
FIRST LAST NAME

ADDRESS _____
Street City

Phone _____

Name of your child/ren and birthday(s). List food allergies or special needs
