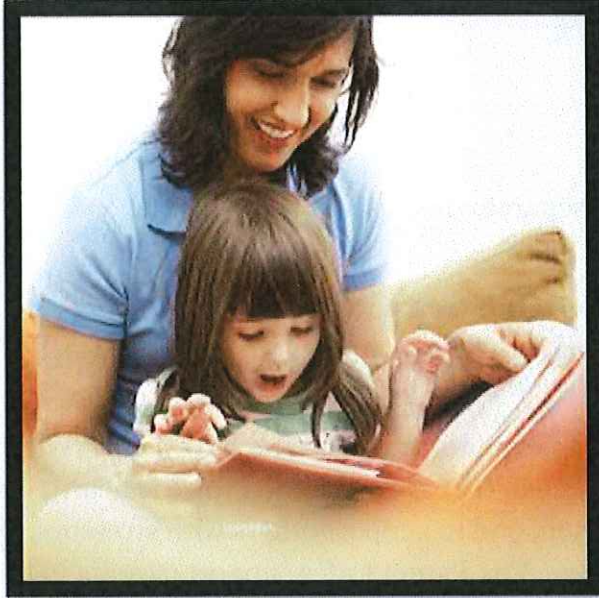


YOU'RE INVITED: PARENT CAFÉS



DATES: **MONDAY, APRIL 11**
MONDAY, APRIL 18
TUESDAY, APRIL 26

TIME: **5:00-7:30 PM**

PLACE: **Forest Lane Community School**
222 Forest Lane, Montello
(Elementary Entrance) Room 119 - 4K Classroom



**Please register before each event by contacting
Childcaring at 800-628-8534 or info@childcaring.org.
Questions always welcome!**

This service is made possible by Supporting Families Together Association with funding from the Race to the Top—Early Learning Challenge Grant at the Wisconsin Department of Children and Families

Make new and
visit old friends

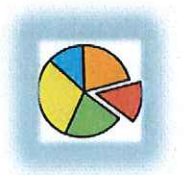
Share ideas and
enjoy “me” time

Discuss family
hopes and dreams

**FREE DINNER
& CHILD CARE
PROVIDED**

**Your local hosts are
Sandy Vogel and
Hannah Zellmer**

Marquette County
Parent Information
Exchange (PIE)



PARENT CAFÉS

LOVE IS NOT ENOUGH

What happens at a Parent Café?

Over the course of 3 cafés, parents will discuss 3 separate themes:

- **Taking Care of Yourself**
- **Building Strong Relationships with Your Children**
- **Staying Positive for Your Kids: Even When Times are Tough**

Parents enjoy gathering in small groups at tables to explore questions and have a discussion, which is facilitated by a Parent Host. Parent Cafés are unique in that every parent's voice is heard. Parent Cafés are a fulfilling way for parents to talk, to listen, and to support others with stressors, worries and challenges that many have struggled with alone. The Parent Cafés support parents in building friendships and a strong network of families who help each other stay strong!

The three café themes include five “protective factors” and provide a framework for parents to relate them to your own lives. The Five Protective Factors include:

- 1. Be strong and flexible**
- 2. Parents need friends**
- 3. Being a great parent is part natural and part learned**
- 4. We all need help sometimes**
- 5. Parents need to help their children communicate**

Research from the Center for the Study of Social Policy (CSSP) and Strengthening Families™ of Illinois shows that when Protective Factors are present in a family, a family is stronger and children are safer. Through Parent Cafés, parents are working to build these Protective Factors in their families.



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