



Parent CAFÉ



Join us for FREE virtual workshops to support you as a parent! Focused on the Five Protective Factors - resilience, relationships, support, knowledge and communication! Current Home Visiting clients with BFT, Good Shepherd, Lutheran & Good Samaritan are eligible to receive a \$10 gift card for attending each virtual café.



Zoom link:



Winter 2024 CAFÉS

Jan. 11: "Under Construction: Building Structure and Routine at Home"

Feb. 8: "Love Yourself First"

March 14: "Don't Put All Your Eggs in One Basket: Building a Support System"

Day / Time: Thursdays at 10 a.m.

Location: Zoom
bit.ly/Winter2024ParentCafes

