

CALLING ALL PARENTS!

SaintA Community Parent Cafés

CAFÉS ARE LIMITED TO 25 PARTICIPANTS, PLEASE REGISTER EARLY
Priority will be given to SEDA and SaintA families

★ WHAT ARE PARENT CAFÉS?

Fun, free, supportive, educational, parent-led monthly gatherings where parents share a meal and talk about the joys and struggles of parenting, and ways to strengthen their families.

DISCUSSION TOPICS INCLUDE:

- Taking care of yourself
- Being a strong parent
- Building strong relationships with your children

★ WHY ATTEND A PARENT CAFÉ?

- Build friendships
- Get support from other parents while getting a break
- Get ideas for managing parenting challenges
- Become a stronger and more flexible parent/caregiver
- Reflect on your family, and your importance to them

★ WHO CAN ATTEND PARENT CAFÉS?

Moms and dads, (your children do not need to be living with you) relative caregivers, foster parents – all are welcome. Whether your kids are toddlers or teenagers, or you're a new or seasoned parent, we're here to listen.

★ WHAT ABOUT CHILDCARE* AND MEALS?

Childcare* is provided. The Cafés always start with a free meal, where parents and kids eat separately, giving parents a break and time to connect with other adults.

Wednesdays: Jan. 11, Feb. 8, March 15 ★ 4:30-7p.m.
School for Early Development and Achievement (SEDA) ★ 2020 W. Wells St.

WHAT PAST PARTICIPANTS ARE SAYING

“I FELT LIKE SOME WEIGHT WAS LIFTED OFF ME TO HEAR THAT OTHERS HAVE **SIMILAR PROBLEMS.**”

“**I FELT ENCOURAGED.**”

“**THOUGH WE ALL COME FROM DIFFERENT BACKGROUNDS, WE HAVE MANY SIMILARITIES.**”

REGISTER NOW

CONTACT JONI SCHREINER AT
(414) 604-5671 OR JSchreiner@SaintA.org

**Childcare must be arranged ahead of time.*
Mention the # of kids and their ages when you register.

SaintA

SEDA
School for Early Development
& Achievement