



Parent Cafés

Monday, April 24
Monday, May 1
Tuesday, May 9

5:00 – 7:30 PM

Redeemer Lutheran Church
900 Brilowski Road, Stevens Point
(Behind Fleet Farm)

Please register for all 3 sessions or
before each week.

To register, contact Childcaring at
1-800-628-8534 or info@childcaring.org

Questions are always welcome!

Come and connect
with other families that
understand the unique
challenges & joys of
raising children.

Meet new people

Make new friends

Share ideas and stories

Discuss family hopes
and dreams

FREE Dinner And Child
Care Provided!



Your local sponsors:



Parent Cafés

What happens at a Parent Café?

Families will gather to enjoy dinner together. After dinner, the children will transition to a separate area and enjoy developmentally appropriate activities. Parents will gather together to begin the Parent Café around 6:00 p.m.

Over the course of the Parent Café series, parents will discuss various themes in small groups facilitated by a Parent Host. Themes may include:

- ⇒ Taking Care of Yourself
- ⇒ Being a Strong Parent
- ⇒ Building Strong Relationships with Your Children

Parent Cafés:

- ⇒ Are unique - every parent's voice is heard.
- ⇒ 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.
- ⇒ 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 you own lives. The Five Protective Factors include:

- ⇒ Be strong and flexible
- ⇒ Parents need friends
- ⇒ Being a great parent is part natural and part learned
- ⇒ We all need help sometimes
- ⇒ 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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