

CARE HOUSING CAFE

Join other parents,
Share stories,
Build a support network,
& Grow friendships

The Parent Café program supports and educates parents and caregivers, utilizing the Strengthening Families Protective Factors that give parents and caregivers the skills and resources they need to parent effectively, even under stress.

1. Resilience
2. Relationships
3. Knowledge
4. Support
5. Communication

For dates and times refer to the back of this page

2022

All Cafés are FREE!
Healthy Meals Included.
Children activities provided

“ I have been blessed with unconditional love at this café! No one judges anything I say about my life. This is my family! ”

-Parent Café Participant

FOR MORE INFO OR TO
REGISTER CONTACT:

Kristen Caporelli
970-290-0999

kristen@thematthewshouse.org

<http://tinyurl.com/Parent-Cafes-TMH>



The Matthews House
Growing Stronger Together

2022

C A R E H O U S I N G C A F É

JANUARY

MO	TU	WE	TH	FR
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

FEBRUARY

MO	TU	WE	TH	FR
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25

MARCH

MO	TU	WE	TH	FR
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25

APRIL

MO	TU	WE	TH	FR
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

MAY

MO	TU	WE	TH	FR	
	2	3	4	5	6

This café is offered on Wednesdays

Time: 6:00 pm- 8:00 pm

Location: 626 Quaking Aspen Drive Fort Collins, CO 80525