



THE MATTHEWS HOUSE

PARENT CAFÉ

SPRING 2021

**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.

FREE to attend + **FREE** meal and children activities provided at in person cafes.

REFER TO BACK FOR DATES + TIMES

PARENT CAFÉ SCHEDULE

Spring 2021 | March 22 - May 24



VIRTUAL

SPANISH CAFÉ

12 - 2 pm | Every other Tuesday

Mar 23

Apr 6

Apr 20

May 4

May 18

DAD'S CAFÉ

6 - 7:30 pm | Every Tuesday

Mar 23

Mar 30

Apr 6

Apr 13

Apr 20

Apr 27

May 4

May 11

May 18

IN PERSON

2 GEN CAFÉ | YOUTH 11-17 + PARENT CAFÉ

Fort Collins, children's activities offered

6 - 8 pm | Every Thursday

Mar 25

Apr 1

Apr 8

Apr 15

Apr 22

Apr 29

May 6

May 13

May 20

CONTACT

SPACE IS LIMITED, REGISTER BEFORE ATTENDING!

CONTACT ALISON KAMER

970.290.0999 | alison@thematthewshouse.org

OR REGISTER AT

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

All cafés will abide by the COVID-19 recommendations. Please make sure to wear a mask if you are over 5 years of age.