

# Parent Café

## Virtual Cafés



**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.

**RESILIENCE  
RELATIONSHIPS  
KNOWLEDGE  
SUPPORT  
COMMUNICATION**

**We have a couple different cafés offered virtually right now:**

Orchard Café  
Strong Families Café

Zoom Meeting links will be emailed to those who register.  
IT support will be available.

“ 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

**FREE**  
to attend!

**FREE**  
food as we are able  
to provide it!

**For dates and times refer  
to the back of this page**

**For more info or to register contact:**

Kristen Caporelli  
970.413.1321

kristen@thematthewshouse.org

**Or register using the following link:**

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

## May

M	Tu	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

## June

M	Tu	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

### Key:

**Orchard Café - Wednesdays 7:00-9:00pm**

Residents Only

Facilitated by Kristen

**Strong Families Café - Thursdays 6:00-7:30pm**

Open to any caregiver

Facilitated by Ben and Jewel