

# PARENT CAFÉ

## FALL 2020

### 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.

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### FOR DATES & TIMES REFER TO BACK

FOR MORE INFO OR TO REGISTER CONTACT ALISON KAMER

970.290.0999 | [alison@thematthewshouse.org](mailto:alison@thematthewshouse.org)

OR REGISTER AT

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

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**ATTENDING GIVES YOU  
A CHANCE TO WIN A \$50  
GIFT CARD**

**FREE** to attend

**FREE** Children Activities & food  
for in-person cafés

**THE MATTHEWS HOUSE**  
Growing Stronger Together



## SEPTEMBER

Tues	Wed	Thurs
1	2	3
8	9	10
15	16	17
22	23	24
29	30	

## OCTOBER

Tues	Wed	Thurs
		1
6	7	8
13	14	15
20	21	22
27	28	29

## NOVEMBER

Tues	Wed	Thurs
3	4	5
10	11	12
17	18	19
24	25	26

### WE HAVE A VARIETY OF CAFÉS FOR VARIOUS SCHEDULES & SPECIFIC NEEDS:

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

#### **Spanish Café - Tues. 12:00-2:00**

All Virtual

#### **Orchard Café (residents only) - Wed. 6:00-8:00**

Loveland

#### **2 Gen Café (Youth 11-17 + Parent Café) - Thurs. 6:00-8:00**

Fort Collins

#### **Strong Families Café - Thurs. 8:00-9:00**

All Virtual

### SPACE IS LIMITED, REGISTER BEFORE ATTENDING!

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