

# Parent Café

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

**We have a variety of cafés for various schedules and specific needs:**

Spanish Café  
Dad's Café  
Adoptive/Foster/Kin Café  
Orchard Café

For dates and times refer to the back of this page

**All Cafés are FREE**  
& hot, nutritious meals & children activities are 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  
970.413.1321

kristen@thematthewshouse.org

**Or register using the following link:**  
<http://tinyurl.com/Parent-Cafes-TMH>



The Matthews House  
Growing Stronger Together



### September

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

### October

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

### November

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

### December

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

### Key:

**Spanish Café - Tuesdays, 12-2p.m.**

Genesis Project Nextdoor - 400 S Link Ln, Fort Collins, CO 80524

**Dad's Café - Tuesdays, 5:30-7:30p.m.**

First Presbyterian - 531 S College Ave, Fort Collins, CO 80524

**Adoptive/Foster/Kin Café - Tuesdays, 5:30-7:30 p.m.**

First Presbyterian - 531 S College Ave, Fort Collins, CO 80524

**Orchard Café - Wednesday, 5:30-7:30p.m.**

Orchard Place - 197 Elder Dr, Loveland, CO 80538

**New Café Coming Soon! - Thursdays, 12-2p.m.**