

# 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  
Orchard Café  
Thursday Café  
Adoptive/Foster/Kin 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](mailto:kristen@thematthewshouse.org)

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



The Matthews House  
Growing Stronger Together



### June

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

### July

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

### August

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

### Key:

**Spanish Café- Tuesdays, 12-2p.m.**

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

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

Peak Community Church- 500 Mathews St, Fort Collins, CO 80524

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

Orchard Place- 197 Elder Dr, Loveland, CO 80538

**Thursday Café- Thursdays, 12:00-2:00p.m.**

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

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

Realities for Children- 308 E County Rd 30, Fort Collins, CO 80525