

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:

Adoptive/Foster/Kin Café
Spanish Café
Dad's Café
Garfield Café
Thursday 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



August

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

September

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

October

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		

November

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

December

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
31				

Key:

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

***In August this café is on Tuesday

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

Spanish Café- Tuesdays, 12:30-2:30 p.m.

Fullana- 220 North Grant Avenue Fort Collins, CO 80524

Dad's Café- Tuesdays, 5:30-7:30 p.m.

River City Church- 725 South Lemay Fort Collins, CO 80524

Garfield Café- Wednesdays, 3:30-5:30 p.m.

Garfield- 720 Colorado Ave, Loveland, CO 80537

Thursday Café- Thursdays, 12:30-2:30 p.m.

Fullana- 220 North Grant Avenue Fort Collins, CO 80524