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
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