

**JOIN VCR FOR A**

**VIRTUAL**

**PARENT CAFE**

## **MAINS**

### **SUPPORT**

*strengthen partnerships between  
parents and service providers*

### **COMMUNICATION**

*practice positive  
communication skills*

### **SELF-REFLECTION**

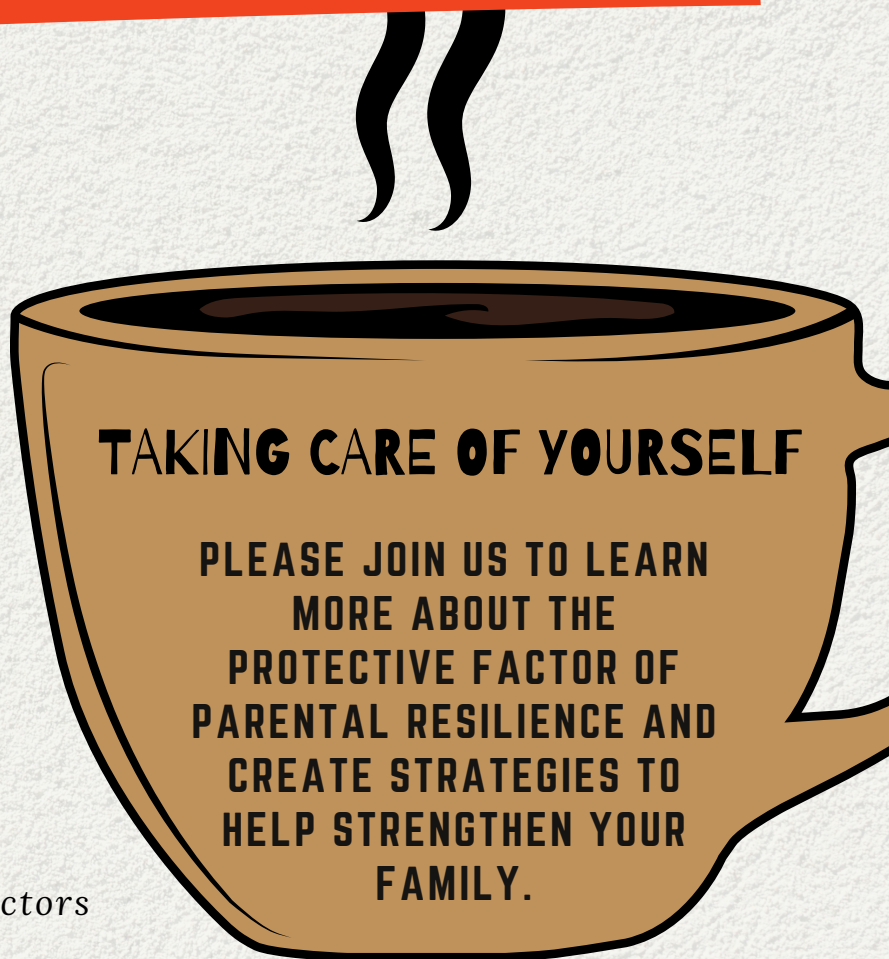
*promote individual deep self  
reflection*

### **LEARN**

*introduce/educate parents to Five  
Strengthening Families Protective Factors*

### **RELATIONSHIPS**

*Enhance community and foster meaningful  
relationships among all those participating*



## **TAKING CARE OF YOURSELF**

**PLEASE JOIN US TO LEARN  
MORE ABOUT THE  
PROTECTIVE FACTOR OF  
PARENTAL RESILIENCE AND  
CREATE STRATEGIES TO  
HELP STRENGTHEN YOUR  
FAMILY.**

**TWO TIMES A MONTH**

**3RD WEDNESDAYS | 1:00 PM - 2:30 PM**

**4TH TUESDAYS | 2:00 PM - 3:30 PM**

**PLEASE USE EVENTBRITE LINK TO REGISTER**