

# PARENT CAFÉ

## Connecting Families and Building Strong Communities

Enjoy coffee, tea and dinner then relax and engage in great round-table conversation with other parents facing similar daily struggles, joys and questions around raising children. Parents from all ages and walks of life are welcome to support parent conversation.

*Share ideas that can help move you toward a healthy balance for your family.*



*A safe space to meet and talk with other families about the joys and challenges of parenting.*

## **“Taking care of yourself”**

**Parent Café**

**January 26th**

**5:30 pm –7:00 pm**

**at the YMCA of Morgan County**

2039 E Morgan St, Martinsville

**FREE** Coffee, Tea, Dinner,  
Door Prizes and childcare  
available for all families  
who attend

Parent Cafés are brought to you by  
YMCA of Morgan County and WellSpring.



**If you would like to sign-up for a Parent Café, please call or email:**

**Karen Dewitt  
Community Needs Coordinator  
765-342-6688  
karen@bbjymca.org**

