

A PARENT CAFE:

NURTURING STRONG ROOTS

Please join us to *learn* about *Protective Factors* that keep our families safe & strong. *Build* connections with other caregivers in the community! *Discuss* & discover ways to nurture the roots of your relationships and bonds with the children & loved ones in your life.



WEDNESDAY, JULY 15TH 11:30-1:30PM



YOUTH SKILLS BUILDING PROGRAM
 **2917 DICKINSON STREET**
PLEASE RSVP YOURSELF AND
OF GUESTS BY 7.10.26 BY
CONTACT PERSON OR QR CODE

For cafe Registration, questions, or concerns, please contact *Strengthening Families Coordinator, Khadija Bey* 267-290-3800 or *Youth Skills Program recruiter, Ms. Acevedo* 267-889-5591

PLEASE REGISTER THROUGH QR CODE OR [LINKTR.EE/CUA8CE](https://linktr.ee/cua8ce)

PARENT CAFÉS PROTECTIVE FACTORS



**BE STRONG AND
FLEXIBLE**



**HAVE PEOPLE WHO
CARE**

SOCIAL CONNECTIONS



**DEVELOP YOUR PARENTING
TOOLKIT**

KNOWLEDGE OF PARENTING & CHILD DEVELOPEMENT



**HELP YOUR KIDS WITH
THEIR FEELINGS**

SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN



**GET OUTSIDE HELP WHEN
YOUR FAMILY NEEDS IT**

CONCRETE SUPPORTS IN TIMES OF NEED



Community Umbrella Agencies (CUAs) host Parent Cafés in 10 different regions across Philadelphia. Bethanna hosts our cafés in South Philadelphia and Center City. Cafés are safe spaces where parents/caregivers, and family members support each other. They are judgement-free sessions and discussions revolve around the 5 protective factors below. These factors help people to recognize their strengths and learn how to build on them. It's a great way to discuss the highs and lows of parenting. All are welcome and a meal and childcare are provided at in-person cafés, some are being held virtually through Zoom.

Registration is required for Bethanna events. In addition to the QR code, register or request more info from **Khadija Hudgins-Bey** 267-290-3800 or Youth Skills Program recruiter, **Ms. Acevedo** 267-889-5591

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