



A PARENT CAFE:
THRIVING IN SUMMER
BETHANNA 2501 REED ST
THURSDAY JULY 23, 2026 1 TO 3:00PM



Please join us to **learn** about Protective Factors that keep our families safe & strong. **Connect** w/other caregivers in the community! **Discuss** & discover ways to nurture the children & loved ones in your life, while making a memorable summer.



For Cafe registrations, questions/concerns, please contact *Strengthening Families Coordinators* Jaycie H. 445-264-1358 or Khadija Bey 267-290-3800

linktr.ee/CUA8CE



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 **Jaycie Hricak** jhricak@bethanna.org

Bethanna
www.bethanna.org



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