

DIVE into Creating **SPECIAL SUMMER MEMORIES!**

A VIRTUAL PARENT CAFE



**WED, JULY 8, 2026
11-1:00PM ON
MICROSOFT TEAMS**

Learn about Protective Factors that keep our families safe and strong. Connect with other parents and caregivers in the community. Explore ways to create special moments and bond with the children and loved ones in your life this summer: making memories that are fun, safe, and unforgettable! Scan the QR code for info and registration. For Cafe registrations, questions, or concerns, please contact Strengthening Families Coordinators Jaycie H. 445-264-1358 or Khadija Bey 267-290-3800

linktr.ee/CUA8CE

<https://teams.microsoft.com/meet/225810830817522?p=CNffarjQggpZDUSfxk>
Meeting ID: 225 810 830 817 522 Passcode: Va9HC2LR

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

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Bethanna
www.bethanna.org

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