Bergen County Executive
James J. Tedesco, III *and the*
Bergen County Board of Commissioners,
Together with the
Bergen County Department of Human Services, Division of Child Care Resources
Invite you to participate in our Library

Parent Café

Recharge & Rise: Beating Parent Burnout with Real-Life Tools

Bring your kids!
A fun activity will be available for children to make and enjoy while you participate in the session stress-free.



Thursday, November 5th
6:00 PM

Fort Lee Library
320 Main St,
Fort Lee, NJ 07024

Fort Lee Public Library

Attendees will receive door prizes and diapers

Registration is encouraged.
Please Scan the QR code to register.
If you have any questions, please contact Natalie Melendez at **nmelendez@BergenCountyNJ.gov** or call (201) 336-7156.

James J. Tedesco, III
Bergen County Executive

Bergen County Board of Commissioners
Steven A. Tanelli, *Chairman* • Tracy Silna Zur, *Vice Chairwoman* • Dr. Joan M. Voss, *Chair Pro Tempore*
Mary J. Amoroso • Rafael Marte • Germaine M. Ortiz • Thomas J. Sullivan