

You are cordially invited to a series of

# First 5 Family Cafés

transportation available

snacks



child care

raffle

**bonus prize for attending all 5**

At the Family Café we will:

- ◊ share ideas about taking care of ourselves and our families
- ◊ talk about how we can raise strong, happy kids
- ◊ meet new people, make friends, share ideas, get new ideas
- ◊ have fun!

**Mondays 10:00 to 11:30 a.m.**

**April 23 May 7&21 June 4&18**

Sierra Nevada Children's Services

420 Sierra College Drive #100, Grass Valley

**RSVP: Sandi@first5nevco.org or 530-274-5361 (or just come on by!)**

**Please call if you need transportation so we can arrange it**