

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.

Jan. 8 & 22

Feb. 5 & 26

Mar. 12

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