



# PARENT CAFÉ

## FOR PARENTS, LED BY PARENTS

### “Carving Out Time”



Join us for café style conversations that help:  
strengthen communication, enhance relationships, build resilience,  
boost support and knowledge, cope with stress and MORE!

FREE CHILD CARE &  
MEAL PROVIDED!

### ***Upcoming Cafés in October 2017:***

FEEL FREE TO  
BRING A FRIEND!

**Laurel:** Oct. 17<sup>th</sup>, 5 p.m. to 7 p.m.

**Greensburg:** Oct. 23<sup>rd</sup>, 12 p.m. to 2 p.m.

**Aurora:** Oct. 24<sup>th</sup>, 9:30 a.m. to 11:30 a.m.

**Milan (Grandparent):** Oct. 25<sup>th</sup>, 5 p.m. to 7 p.m.

***RSVP at least ONE day in advance to...***

***ocof@onecommunityonefamily.org***

***Or 877-967-6263 Or Facebook!***



**PLEASE CHECK FACEBOOK FOR CAFÉ CHANGES OR CANCELLATIONS!**