

Virtual Parent Café

4 session workshop



Join us to learn more about **Protective Factors**, explore strengths, and create strategies to strengthen your family!

Take Care of You

The importance of self-care

March 3 | 3-4:30 pm

Register here: <https://bit.ly/3rYtEbf>

Building Love of Reading with Children

How to bond with your children through books

March 10 | 3-4:30 pm

Register here: <https://bit.ly/3no0GOt>

Building Resiliency in My Own Backyard

Identify your families strengths

March 17 | 3-4:30 pm

Register here: <https://bit.ly/399IQKZ>

The Way I Feel:

Learn to value your child's emotions

March 24 | 3-4:30 pm

Register here: <https://bit.ly/2MFmOXP>

parent
PLACE

County of SLO Public Libraries



CALIFORNIA
STATE LIBRARY



Parent Connection
of San Luis Obispo County



Free Gifts for
parents who
register & attend!

Part of the Parent Place project sponsored by the California State Library in partnership with Center for Family Strengthening & Parent Connection of SLO County, SLO County Health Department, South County Youth Coalition, and First 5 SLO.