PASADENA
PUBLIC HEALTH DEPARTMENT

Vitality Parent Café:

Promoting wellness on the roller coaster journey of parenting

For parents and/or caregivers of children and youth with special health care needs



Thursday, Feb. 19
5 - 7:30 P.M.

Pacific Clinics Early Head Start
136 W. Peoria St.

Join us for an evening of conversation with fellow parents on wellness. Our Vitality Café focuses on you & building a healthy family.

- Free dinner
- Childcare available for children ages 1-10 with sensory activities included
- Limited capacity

Registration for this event is required.

To register, scan the QR code or visit:
bit.ly/ParentCafeFeb19

For more information, contact Beatriz Perera Dzul at (626) 744-6386 or BPDzul@CityOfPasadena.net

For accessibility information and requests, contact (626) 744-7311 or CSC@CityOfPasadena.net. Providing at least 72 hours advance notice will help ensure availability.