

# Planting Seeds of Self Care



Virtual  
Parent  
Cafe

*A Parent Café focused on  
New Beginnings and Growth*

**MONDAY, MARCH 15, 2021 • 6:00 PM - 8:00 PM**

**ICS parents and guardians are invited to join our Virtual Parent Café on Monday, March 15, 2021 from 6:00 pm to 8:00 pm.**

**PLEASE NOTE:**

**There is limited space available and you must register ahead of time to participate.**

*For more information and to register, please contact Cindy Janechek, Family Resource Center Director, by phone at: (414) 525-6117 or by email at: [cjanechek@ics-edu.org](mailto:cjanechek@ics-edu.org).*

*After registering, you will be contacted with login information to join the Virtual Parent Café.*

**Resilience • Relationships • Communication**

## **What is a Parent Café?**

The Parent Café is led by parents and school staff and is intended to be free, fun and informational! Parent Cafés offer opportunities to develop new friendships, share positive strategies for effectively handling child behaviors and gaining new perspectives on healthy and resilient families.

*We are offering this Virtual Parent Café to continue the good work we've been able to do with our families, while adhering to the CDC safety guidelines.*



**INDIAN  
COMMUNITY  
SCHOOL**

10405 W. St. Martins Road  
Franklin, WI 53132  
(414) 525-6100  
[www.ics-edu.org](http://www.ics-edu.org)

©2021 INDIAN COMMUNITY SCHOOL, INC.