



Parent Café

- share ideas ● make new friends ● discuss your family's hopes & dreams ●
- Free dinner & child care is provided at all Parent Cafes! ●

UWRF Child Center
900 East Cascade Ave.
River Falls, WI 54022

(Families are welcome to park in the parent pick up/drop off areas along the curb on the south side of the building)

November 9, 2017

January 25, 2018

February 22, 2018

*** March 22, 2018**

***Snow date**

From 6:00pm-8:00pm

Your hosts are Brian Crim, Sandy Rutter, and Minda Matthys

To Register: contact Child Care Partnership

715-831-1700

Please register at least one week prior to the session you are attending.



This service is made possible by Supporting Families Together Association with funding from the Race to the Top-Early Learning Challenge Grant at the Wisconsin Department of Children and Families



Parent Café

Love is Not Enough

Research from the Center for the Study of Social Policy (CSSP) and Strengthening Families™ of Illinois shows that when Protective Factors are present in a family, that family is stronger and those children are safer. Through Parent Cafés, parents are working to build these Protective Factors in their families.

Over the course of 3 evening sessions, parents will discuss 3 separate themes:

- Taking Care of Yourself
- Being a Strong Parent
- Building Strong Relationships with Your Children

These themes incorporate the Protective Factors and provide a framework for parents to relate them to their own lives. Parents gather in small groups at individual tables to explore questions and have a discussion, which is facilitated by a Parent Host. Parent Cafés are unique in that every parent's voice is heard. These Parent Cafés are an avenue for parents to come together to talk, to listen, and to support others with stressors, worries and challenges that many have struggled with alone. The Parent Cafés support parents in building friendships and a strong network of families who help each other stay strong!

The Five Protective Factors include:

1. Be strong and flexible
2. Parents need friends
3. Being a great parent is part natural and part learned
4. We all need help sometimes
5. Parents need to help their children communicate



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