



Parent Cafes are HERE!

Led by Cindy Horgan, Carol Biondi, and the Parent Advisory Council

**October 25, Snow Library, Orleans
10-11 am**

We know that communities are resilient and wise and that in the safe space created by Parent Cafés, we will come together to support and assist one another with navigating parenting challenges.

Parents have a collective experience that brings understanding and compassion. We invite parents and caregivers to come together to discuss, listen, and learn about topics most caregivers experience, with topics guided by those who attend.

BUILD THE VILLAGE!

- HOW WE ARE MANAGING FAMILY LIFE: RESILIENCY AND STRATEGIES USED
- BEDTIME ROUTINES
- NUTRITION AND MEAL PLANNING
- STRATEGIES FOR MANAGING TEMPER TANTRUMS
- Let's share experiences, resources and strategies!

Register today by calling (508) 240-3310 for the Zoom link

Visit our Facebook Page & website capecodchildrensplace.com

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