



Parent Cafés

Monday, September 12

Monday, September 19

Monday, September 26

5:00 - 7:30 PM

GD Jones Elementary School

1018 South 12th Avenue, Wausau

(Enter through main doors)

**Please register for all 3 sessions
or before each week.**

To register, contact Childcaring at
1-800-628-8534 or info@childcaring.org.

Questions are always welcome!

Your local sponsors:



Do you have or care for a child with special needs?

Come and connect with other families that understand the unique challenges & joys of raising a child with special needs.

Meet new people.

Make new friends.

Share ideas and stories.

Discuss family hopes and dreams.

**FREE
Dinner And Child Care!**

Child care provided
by Tyler's Home.



Parent Cafés

What happens at a Parent Café?

Families will enjoy dinner together in the school cafeteria. After dinner, the children will transition to the 4K room and enjoy developmentally appropriate activities provided by Tyler's Home. Parents will gather in the new Family Resource room to begin the Parent Café around 6:00 p.m.

Over the course of the Parent Café series, parents will discuss various themes in small groups facilitated by a Parent Host. Themes may include:

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

Parent Cafés:

- ⇒ Are unique - every parent's voice is heard.
- ⇒ Are a fulfilling way for parents to talk, to listen, and to support others with stressors, worries and challenges that many have struggled with alone.
- ⇒ Support parents in building friendships and a strong network of families who help each other stay strong!

The three café themes include five “protective factors” and provide a framework for parents to relate them to your own lives. The Five Protective Factors include:

- ⇒ Be strong and flexible
- ⇒ Parents need friends
- ⇒ Being a great parent is part natural and part learned
- ⇒ We all need help sometimes
- ⇒ Parents need to help their children communicate

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, a family is stronger and children are safer.

Through Parent Cafés, parents are working to build these Protective Factors in their families.



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.