



Helen Ball Community
**JOIN US FOR A
PARENT CAFE!**



**Parent Cafe
9/12/25
9am-11am
@Helen Ball
Room 101**

ABOUT US

EVERY FAMILY CAN GET STRONGER! PARENT CAFÉS ARE SMALL GROUP GATHERINGS TO DELIVER TRAINING CONTENT AND PROVIDE SUPPORT.

CAFÉS FOCUS ON BUILDING AND PROMOTING FIVE PROTECTIVE FACTORS TO REDUCE RISK AND CREATE OPTIMAL OUTCOMES FOR CHILDREN, YOUTH, AND FAMILIES. THESE INCLUDE:

- **PARENTAL RESILIENCE**
- **SOCIAL CONNECTIONS**
- **KNOWLEDGE OF PARENTAL AND CHILD DEVELOPMENT**
- **CONCRETE SUPPORT**
- **SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN**



WE WILL PROVIDE

- **DOOR PRIZES**
- **FOOD**
- **REFRESHMENTS**
- **INFORMATION ABOUT OUR FREE SERVICES**