



# PARENT CAFÉ

Parent Cafés are an educational opportunity for parents to come together and deal with the stressor, worries, and challenges of parenting in a supportive environment.

Parent Cafés are centered on three themes:

1. Taking Care of Yourself
2. Being a Strong Parent
3. Building Strong Relationships with Your Children

Parent Cafés are an opportunity to establish relationships with other parents, exchange thoughts and feelings about being a parent, and learn new parenting techniques and tools.

**FREE** Childcare and dinner provided!

**\*\* Please Note the Change of Dates \*\***

**REMAINING  
2015 DATES:**

June 16, 2015  
October 6, 2015  
December 1, 2015

All Cafes are from  
**5:30 PM – 8:00 PM**

**Location:**

Center for Excellence  
N4W22000 Bluemound Rd.  
Waukesha, WI 53186

To RSVP and Register  
for Childcare, call  
**262-521-0317**

**SPONSORED BY:**  
Waukesha County  
Human Services &  
Waukesha Head Start