



Be Strong Families Parent Café

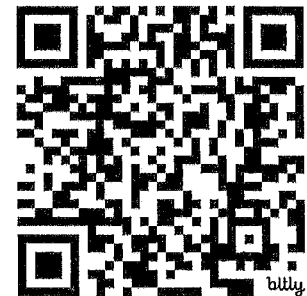
Self-Care: Chill to Refill

Connect, share, and learn from other parents and caregivers in a safe and supportive environment.

Join our virtual Café to discuss challenges, celebrate successes, and develop strategies for keeping families strong.

Wednesday, April 22
5:00pm – 7:00pm

Registration is required at
bit.ly/pc_chill
or by scanning the QR code.



Contact Zoe Miller with any questions
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