

Different Abilities/Special Needs

Parent Café

A facilitated support group for parents that focuses on strengthening families where you can:

- Meet new people -share ideas -get new ideas -share your hopes and dreams for your family
- engage in positive conversation

Please join us this year for the following dates and topics:

- ♥ September 15th 2021: **Helping Kids Understand Feelings** – feeling safe and valued, develop confidence, deal with bullying, and more
- ♥ November 17th 2021: **Knowing How to Find Help** – community resources, support groups, strong connections for parents and families
- ♥ January 19th 2022: **Connecting with Others** – feeling valued and understood, see problems in a new way, trusting others
- ♥ March 16th 2022: **Building Inner Strength** – managing your feelings, solving problems, taking care of yourself
- ♥ May 18th 2022: **Parenting as Children Grow** – expectations, encourage positive behaviors, feeling prepared for new challenges



All Cafés at **Lakeshore CAP:**

702 State Street

Manitowoc, WI 54220

5:30pm – 7:00pm

Dinner served and childcare provided.

While following all CDC COVID guidelines.

RSVP: to Lisa

920-683-2792

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