

## Family Support Network



Enhancing Quality of Life!

## PARENT CAFÉ SERIES

Parent Cafés are conversations that help parents and caregivers of children with special needs focus on building protective factors in their families by promoting individual self-reflection and peer-to-peer learning.

### PARENTS AND CAREGIVERS WILL:

- *Grow stronger and more flexible*
- *Build friendships and relationships of mutual support*
- *Learn about resources*
- *Share knowledge*
- *Gain appreciation for the essential role they play in helping their children reach their maximum potential*

### MEETING SCHEDULE

TIME: 6:30 - 8:30 PM

**OCTOBER 24, 2017**

*PARENTAL RESILIENCE*

**NOVEMBER 16, 2017**

*CONCRETE SUPPORTS & SOCIAL CONNECTIONS*

**DECEMBER 5, 2017**

*PARENTING AND CHILD DEVELOPMENT, BUILDING SOCIAL-EMOTIONAL COMPETENCE*

*\*We encourage attendance for all session, however it is not necessary.*

**LOCATION: HAROLD J. BALLARD CENTER**

2375 CONGRESS ST. SAN DIEGO, CA, 92110

### QUESTIONS

Mary Ann Voitizwinkler: 619.594.7407 | [mvoitizwinkler@sdsu.edu](mailto:mvoitizwinkler@sdsu.edu)

[DSASDONLINE.ORG](http://DSASDONLINE.ORG) | [EFRCONLINE.ORG](http://EFRCONLINE.ORG)



**Meet Families**

**Learn About Resources**

**Gain Knowledge**

**LIGHT REFRESHMENTS**

