



Family Support Network 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*

MEETS MONTHLY ON THURSDAYS: 10:00 - 12:00 PM

OCTOBER 19, 2017:

PARENTAL RESILIENCE / CONCRETE SUPPORTS & SOCIAL CONNECTIONS

NOVEMBER 16, 2017: PARENTING AND CHILD DEVELOPMENT, BUILDING SOCIAL-EMOTIONAL COMPETENCE

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

LOCATION: ARC DEL VALLE IMPERIAL

298 EAST ROSS AVENUE, EL CENTRO, CA 92243

*Empowering Families of Children with
Special Needs in San Diego and Imperial Counties*

QUESTIONS: Ana Arrañaga | 760.355.0147 | aarranaga@mail.sdsu.edu
EFRCONLINE.ORG

SUPPORT~INFORMATION~RESOURCES

**Meet Families
Learn About Resources
Gain Knowledge**

LIGHT REFRESHMENTS

