



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 children reach their maximum potential*

MEETS MONTHLY ON FRIDAYS: 9:30 - 11:30 AM

OCTOBER 6, 2017: PARENTAL RESILIENCE

NOVEMBER 3, 2017: CONCRETE SUPPORTS & SOCIAL CONNECTIONS

DECEMBER 1, 2017: PARENTING AND CHILD DEVELOPMENT, BUILDING SOCIAL-EMOTIONAL COMPETENCE

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

LOCATION: REGIONAL CENTER (NATIONAL CITY)
2727 Hoover Avenue, Suite 100 National City, CA 91950

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

SUPPORT~INFORMATION~RESOURCES

Meet Families
Learn About Resources
Gain Knowledge

LIGHT REFRESHMENTS
SUPERVISED PLAY AREA



QUESTIONS: TESSIE SALCEDO - 619.594.7391 OR LAURA CERVANTES - 619.470.5227
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