

Parent Café

Conversations to keep your family strong



Focus on using protective factors to manage family challenges with other parents just like you!

Resilience Relationships Knowledge Support Communication

Relax, build friendships, seek solutions, and celebrate success!

Haley Elementary School

2201 Maplecrest Road
Fort Wayne, IN

*Childcare, snacks, and
\$10 gas card provided

Parent Café participants say they have grown in patience, felt more connected, and learned to deal with stress in healthier ways.

Mondays, 6-7:30 p.m.

January 27; February 10, 24
March 23; April 6, 20

*Attend 5 sessions and receive
a \$100 Kroger gift card!

Register on our website
mhanortheastindiana.org
OR call (260) 422-6441

Questions?

Email:

twouldridge@mhanortheastindiana.org

A program of Mental Health America of Northeast Indiana

