

# PARENT CAFÉ

**COMING SOON TO ST. ANTHONY ON THE LAKE**

Parent Cafés are an opportunity for parents to come together and strengthen their capacity to deal with the stressors, worries and challenges of parenting in a supportive environment.

**Each Parent Café is centered around one of three themes:**

1. Taking Care of Yourself
2. Being a Strong Parent
3. Building Strong Relationships with Your Children

Parent Cafés establish relationships between parents, invite you to exchange thoughts and feelings about being a parent, and share new parenting strategies.  
*(Not necessary to attend all sessions to participate.)*

Pizza supper and childcare (for children 5 and under) provided at no cost to those who pre-register with both Maureen Michaels and Kathy Paro.

SOUTHEASTERN WISCONSIN



St. Anthony on the Lake

## 2014 DATES:

**5:30PM—8:00PM**

**April 24; Taking Care of Yourself**

**May 22; Being a Strong Parent**

**June 12; Building Strong Relationships with Your Children**

## LOCATION:

St. Anthony on the Lake Parish

W280N2101 Prospect Ave.

Pewaukee, WI 53072

## TO REGISTER FOR THE PARENT CAFÉ:

Call or e-mail Maureen Michaels at:

(262) 691-9170 or [michaelsm@stanthony.cc](mailto:michaelsm@stanthony.cc)

## TO REGISTER FOR CHILDCARE (CHILDREN 5 AND UNDER):

Call or e-mail Kathy Paro at:

(262) 691-9170 ext. 137 or [parok@stanthony.cc](mailto:parok@stanthony.cc)

# PARENT CAFÉS: *LOVE IS NOT ENOUGH*

Research from the Center for the Study of Social Policy and Strengthening Families of Illinois shows that when five Protective Factors are present in the family, the family is stronger and children are safe. Through Parent Cafés, parents are working to build these five Protective Factors.

Over the past, year research conducted by Common Ground has revealed concern about the formidable stressors facing families in suburban communities. Building stronger families through improved parenting skills has been mentioned more often than any other topic.

That's why Common Ground and St. Anthony are co-sponsoring Parent Cafés. The program will provide parents the opportunity to improve their skills and build new relationships. Moreover, it will grow awareness about the program's effectiveness so that more parents can ultimately benefit.

Parent Cafés provide a way for parents to apply Protective Factors to their own families. Guided by trained Parent Hosts, parents gather in small groups, exploring questions that really matter to them. Every parent participates in gathering and sharing the group's wisdom and connecting diverse perspectives. Together, they listen for patterns, insights, and reveal deeper questions. And they build trusting relationships, social support and connections with other parents.

## PROTECTIVE FACTORS

1. **Resilience:** Parental resilience
2. **Relationships:** Social Connections
3. **Knowledge:** Knowledge of parenting and child development
4. **Support:** Concrete support in times of need
5. **Communication:** Social and emotional competence of children