

Parent Cafés

EMPOWERING FAMILIES | PARENT-TO-PARENT LEARNING

hosted by
Noble and
Be Strong Families

WHAT IS A PARENT CAFÉ?

Parent Cafés are a **SAFE SPACE** where you can talk about what really matters to you, like:

- Challenges of raising a family.
- Taking care of yourself.
- Being an advocate in programs serving you.



SHARE YOUR JOURNEY AS A PARENT FREE FROM JUDGEMENT

WHY SHOULD I ATTEND?

PARENT CAFÉS

- Build a community of belonging.
- Connect you to other parents.
- Spark great conversations.
- Foster learning & sharing.



THE TOPPER? FROM THE COMFORT OF YOUR HOME!

1 MARK YOUR CALENDAR

REFLECTION & GRATITUDE
Wed | November 19 | 2025
5:30-7:30 pm via Microsoft Teams

2 RSVP

JOHNDA KNIGHT
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call with any questions

3 BE THERE

READY TO SHARE
READY TO CARE

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Our Mission: To Expand Opportunities & Enhance the
Quality of Life For People with Disabilities & Their Families



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