



# In Person Parent Cafe

Thursday November 16, 2023 6:00-7:30 P.M.

Be Strong Families Parent Cafés© are a safe place where caregivers discuss topics that matter to them, such as the challenges and victories of raising children, navigating landscapes of inequality and enhancing the well-being of their family. Through peer-to-peer learning participants explore their strengths and create strategies from their own wisdom and experiences to strengthen their families. Participants leave Cafés feeling inspired, energized, and excited to put into practice what they've learned.

*This is a free event however registration is required* To register contact:

Melissa Sidilau @ 603-672-1002 ext. 138  
or email: [msidilau@svbgc.org](mailto:msidilau@svbgc.org)

Boys & Girls Club of Souhegan  
Valley  
56 Mont Vernon St., Milford, NH

