



Supporting Families Together Association

Inclusion Parent Cafés in Wisconsin

Funded by Race to the Top- Early Learning Challenge Grant through the Wisconsin Department of Children and Families

Do you have or care for a child with special needs?

Connect with other families who understand the unique challenges and joys of raising a child with special needs at the Inclusion Parent Cafés. Listen to other families' stories, questions, and concerns, make new friends, share ideas, and enjoy "me" time, while discussing your family's hopes and dreams. Most importantly, take advantage of this opportunity to see that you are not alone in the complications you face, supporting your child's development.

Over the course of the Parent Café series, parents will discuss various themes in small peer to peer settings such as:

- Taking Care of Yourself
- Building Strong Relationship with Your Children
- Staying Positive for Your Kids: Even When Times are Tough

Where are Inclusion Parent Cafés?

La Crosse County: (La Crosse)

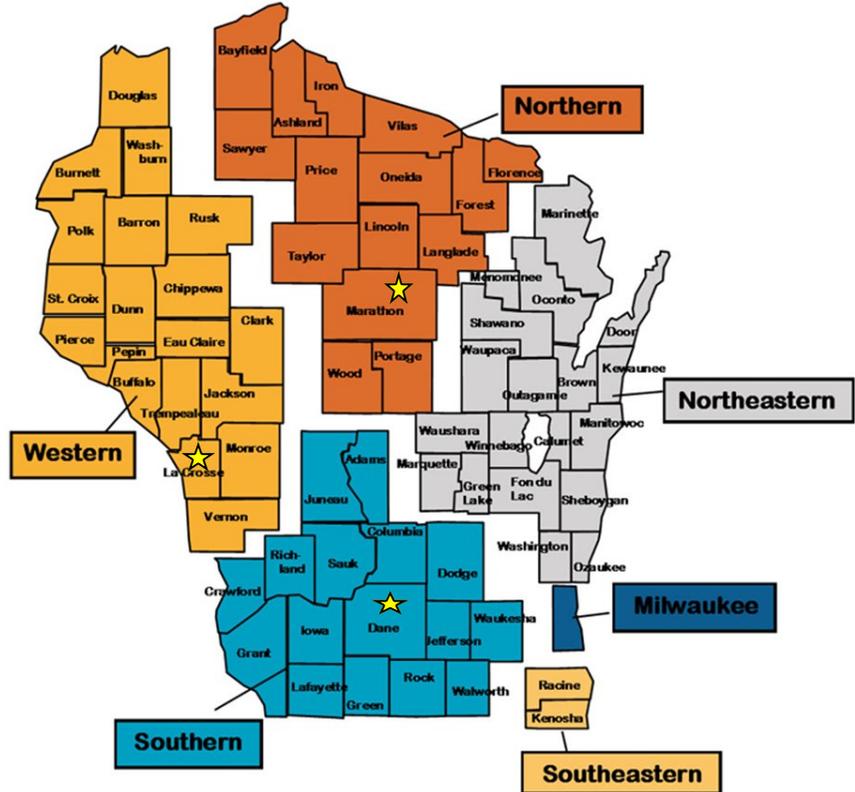
The Parenting Place in partnership with La Crosse Birth to 3 Program and CESA 4
Call: 1-800-873-1768

Marathon County: (Wausau)

Childcaring Inc., in partnership with Children's Service Society of Wisconsin and Northern Regional Center for Children and Youth with Special Health Care Needs
Call: 1-800-628-8534

Dane County: (Madison)

4-C in partnership with Catholic Multicultural Center and CESA 5
Call: 1-800-750-5437



Inclusion Parent Café Contacts:

The Parenting Place (La Crosse)

(608) 374.4190 (800) 873.1768

Email: juleekatona@theparentingplace.net

Website: www.theparentingplace.net

Childcaring, Inc. (Wausau)

(715) 423.4114 (800) 628.8534 Fax (715) 423.2444

Email: info@childcaring.org

Website: www.childcaring.org

Community Coordinated Child Care, Inc. (4-C) (Madison)

(608) 271.9181 Ext 7022 (800) 750.KIDS

Email: referral@4-c.org Website: www.4-c.org

Come to 1 or come to all 3! Each session will have a free meal and childcare! Call to register!

PARENT CAFÉS

LOVE IS NOT ENOUGH

What's up at a Parent Café?

Over the course of 3 cafés, parents will discuss 3 separate themes:

- **Taking Care of Yourself**
- **Building Strong Relationships with Your Children**
- **Staying Positive for Your Kids: Even When Times are Tough**

Parents enjoy gathering in small groups at tables to explore questions and have a discussion, which is facilitated by a Parent Host. Parent Cafés are unique in that every parent's voice is heard. Parent Cafés are a fulfilling way for parents to talk, to listen, and to support others with stressors, worries and challenges that many have struggled with alone. The Parent Cafés support parents in building friendships and a strong network of families who help each other stay strong!

The three café themes include five "protective factors" and provide a framework for parents to relate them to your own lives. The Five Protective Factors include:

- 1. Be strong and flexible**
- 2. Parents need friends**
- 3. Being a great parent is part natural and part learned**
- 4. We all need help sometimes**
- 5. Parents need to help their children communicate**

Research from the Center for the Study of Social Policy (CSSP) and Strengthening Families™ of Illinois shows that when Protective Factors are present in a family, a family is stronger and children are safer. Through Parent Cafés, parents are working to build these Protective Factors in their families.