



Parents & Caregivers: Coming Soon to
the Chequamegon Bay Area

Parent Cafés

Brewing Strong Families
and Communities

Do you ever struggle with parenting?
Do you want to help other parents?

Enjoy coffee or tea and great learning
and discussion with other parents
facing the same struggles, joys and
questions. All parents and caregivers
welcome!

To learn more, contact UW-Extension
715-373-6104 or 715-682-7017

Questions are always welcome!

Meet other parents
who understand the
unique challenges &
joys of raising
children.

Connect with other parents

Share ideas and stories

Learn parenting strategies

Discuss family hopes
and dreams



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Parent Cafés

What happens at a Parent Café?

Over the course of the Parent Café series, parents discuss various themes including:

- ⇒ Taking Care of Yourself
- ⇒ Being a Strong Parent
- ⇒ Building Strong Relationships with Your Children

Parent Cafés:

- ⇒ Are unique - every parent's voice is heard.
- ⇒ 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.
- ⇒ Support parents in building friendships and a strong network of families who help each other stay strong!

Café themes focus on five “protective factors” and provide a framework for parents to relate them to their own lives. The Five Protective Factors include:

- ⇒ Be strong and flexible
- ⇒ Parents need friends
- ⇒ Being a great parent is part natural and part learned
- ⇒ We all need help sometimes
- ⇒ Parents need to help their children communicate

Research from the Center for the Study of Social Policy (CSSP) shows that when Protective Factors are present, families are stronger and children have a better chance for positive outcomes.

Through Parent Cafés, parents are working to build these Protective Factors in their families.

