

Parent Cafe'



"Taking Care of Yourself"

Part of being a great parent is knowing how to take care of yourself. Learn ways to manage stress, make social connections and where to look for support when you need it the most.

August 20, 2015 - 5:30 PM

First Christian Church

311 Jefferson Street , Anderson, MO



Project CARE

Parent Cafe Promotes:

Meaningful relationships

Promotes healing

Nurtures the spirit of the family

Free Dinner and Childcare

Attendance limited to the first 20 families

who call by August 11th.

If attending please contact Lacey at 417-439-0578 or lmattney@theallianceofswmo.org

People who attend may receive vouchers, transportation assistance, and door prizes!