

# Virtual Parent Café

Join us for four weeks to learn more about Protective Factors, talk with other parents going through similar situations, and create a plan to strengthen your family.

**Dates: 9/9, 9/16, 9/23, 9/30 Time: 6 - 7:30 pm**

**9/9**

## Parent Self-Care 101

Learn why self-care is so important and how to implement self-care strategies in your every day life

**9/16**

## Resilience Booster

Learn what resilience is and how to foster resilience in our families

**9/23**

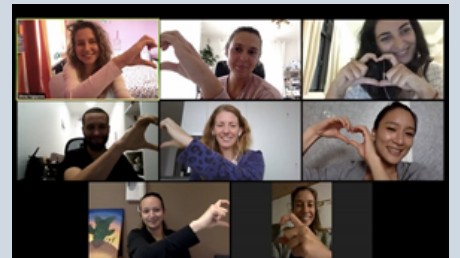
## Emotion Coaching

Build emotional intelligence and create positive, long-lasting effects for your children

**9/30**

## Building Bonds Through Books and Conversation

Connect and bond with your children through books



**Scan me!**



**Questions: Call Gwen at 805-543-3700**  
**Register here: <https://conta.cc/3tN4ETL>**



parent  
**PLACE**  
County of SLO Public Libraries



Parent Connection  
of San Luis Obispo County



CALIFORNIA  
STATE LIBRARY



County of SLO  
Public Libraries



Center for  
Family  
Strengthening  
*Helping families thrive.*



adult school  
SAN LUIS COASTAL UNIFIED SCHOOL DISTRICT

The Parent Place project is sponsored by the California State Library in partnership with the Center for Family Strengthening (through the program Parent Connection of SLO County), SLO County Health Department, South County Youth Coalition, and First 5 of SLO County.