

# Virtual Parent Café

*4 session workshop*



Join us to learn more about **Protective Factors**, explore strengths, and create strategies to strengthen your family!

## Take Care of You

*The importance of self-care*

**March 3 | 3-4:30 pm**

Register here: <https://bit.ly/3rYtEbf>

## Building Love of Reading with Children

*How to bond with your children through books*

**March 10 | 3-4:30 pm**

Register here: <https://bit.ly/3no0GOt>

## Building Resiliency in My Own Backyard

*Identify your families strengths*

**March 17 | 3-4:30 pm**

Register here: <https://bit.ly/399IQKZ>

## The Way I Feel:

*Learn to value your child's emotions*

**March 24 | 3-4:30 pm**

Register here: <https://bit.ly/2MFmOXP>

parent  
**PLACE**

County of SLO Public Libraries



CALIFORNIA  
**STATE LIBRARY**



Parent Connection  
of San Luis Obispo County



Free Gifts for  
parents who  
register & attend!

Part of the Parent Place project sponsored by the California State Library in partnership with Center for Family Strengthening & Parent Connection of SLO County, SLO County Health Department, South County Youth Coalition, and First 5 SLO.