

Vitality Cafés: Nurturing the spirit of family and well-being



4:30 P.M. TO 6 P.M. WEDNESDAYS

**Northside Early Childhood Zone
2911 Packers Ave, Madison**

- New topics and themes each week
- Childcare and meals provided
- All are welcome

Cafés are safe spaces where parents can come to listen and share on topics that matter to them like:

- The joys and challenges of parenting
- Reducing stress and enhancing personal well being
- Exploring and learning new strategies to strengthen your family.

For more information,
call (414) 739-0357 or email
madisonoffice@childrenswi.org

