

June 22nd

5:30pm - 7:30pm

620 8th St., Des Moines



No childcare at this time.

Drawing for a door prize!

> Hòt dògs and chips will be pròvided.

## WHAT IS PARENT CAFE?

Parent Café is a chance to have a great experience with others listening and sharing the joys, the challenges, how we've been stretched and bounced back of being a parent. We share in a safe, confidential, positive, judgment free space. Where no advice is given, and what is said in the group stays in the group.



Contact us at 515-608-2042 or mdiawara@orchardplace.org