

You are cordially invited to a series of

First 5 Family Cafés

transportation available

snacks



child care

raffle

bonus prize for attending all 5

At the Family Café we will:

- ◇ share ideas about taking care of ourselves and our families
- ◇ talk about how we can raise strong, happy kids
- ◇ meet new people, make friends, share ideas, get new ideas
- ◇ have fun!

Mondays 10:00 to 11:30 a.m.

Sept. 10 & 24 Oct. 8 & 22 Nov. 5

Sierra Nevada Children's Services

420 Sierra College Drive #100, Grass Valley

RSVP: Sandi@first5nevco.org or 530-274-5361 (or just come on by!)

Please call if you need transportation so we can arrange it