

INVITE A NEW PARENT TO JOIN YOUR SOCIAL GROUP.

Being the “new kid on the block” does not get any easier as an adult. Be aware of new neighbors, new parents in your school and at your church. Extend a hand of friendship and open up your circle as a source of support.

TAKE TIME TO STAY IN TOUCH WITH FRIENDS.

Make it a priority to stay in contact with your friends. Schedule time each week to take a walk with a friend or share a cup of coffee. Meet a friend at the park and take time to talk while the children play.

SHARE THE JOYS AND CHALLENGES OF PARENTING.

Parents are the best experts when it comes to their children. Take time to share your wisdom and seek input and support from others. Not only can you relieve your stress by venting your frustrations, but you can also build your confidence by acknowledging when things have gone right.

OPEN UP YOUR CIRCLE AT A PARENT CAFÉ!

Parent Cafés are being held throughout Westwood, Cheviot and the entire 45211 ZIP code area. Come to a Parent Café and share your wisdom and parenting experiences with other parents!

RESOURCES

2-1-1. For additional information **DIAL 2-1-1** and connect to community resources for your family.

www.ConnectCommunitySupport.org. Go to this website for information about Strengthening Families in Westwood and Cheviot. Learn about this initiative, access local resources or **JOIN A PARENT CAFÉ.**

To learn about Parent Cafés in your area, you can also contact a Strengthening Families parent coordinator at 4C for Children, 513-221-0033 ext. 1305.

strengthening families

Westwood • O H I O • Cheviot

Connect. Community. Support.

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