

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

**Please call if you need transportation so we can arrange it**