



Families First

Parent Café



Family-Focused

Driven by our mission to create healthier communities by strengthening individuals and families through life's challenges and changes, we provide quality care and services to help Central Indiana families move toward their goal of a strong and healthy family.

Community Based

Founded on Thanksgiving Day in 1835 to help new arrivals to the Indianapolis area with necessities such as food, clothing and shelter, we have evolved and changed with our community in order to best meet the needs of Central Indiana families.

Comprehensive

Helping more than 8,000 individuals a year, we offer a comprehensive array of services ranging from family counseling to addictions treatment, and from elder-care services to domestic violence prevention.

Trusted since 1835

Honorably supporting families through the generations, we continue to strengthen the community by providing counseling, support and education to local families.

Families First is pleased to offer a variety of programs for families in our community. At Parent Cafés, parents and caregivers are given the opportunity to meet in a welcoming setting and participate in guided conversations that help each participant make discoveries leading to personal growth and better parenting.

Please join us for:

- A **FREE** dinner
- **FREE** childcare during the Parent Café
- An opportunity to meet other parents and discuss ways to keep your family strong and healthy.

Where: East Tenth United Methodist Children and Youth Center
2327 10th Street
Indianapolis, Indiana 46201

Dates: Every **MONDAY** beginning January 11, 2016 through February 15, 2016.

Time: 5:30 p.m.-7:30 p.m.

Pre-registration is required for each session. For more information or to register, please contact:

Families First

317.634.6341

www.familiesfirstindiana.org/parentcafe

615 N Alabama Street, Suite 320 | Indianapolis, IN 46204

Phone 317.634.6341 | Fax 317.464.9575

