



PARENT CAFÉ – HEART TO HEART: POUR INTO YOUR CUP

Families already have the most important thing they need...love. Through our parent cafés, parents can find resources and support they need to help their families thrive.

Parent cafés are physically and emotionally safe spaces where parents and caregivers can talk about the challenges and victories of raising a family.

WHEN: Thursday, March 5 from 5 to 8 p.m.

WHERE: Middle Branch Fitness and Wellness Center, 201 Reedbird Ave., Baltimore, MD 21225

For parents only. Food will be provided.

For questions, call **Mayra Corea** at **410-980-9889 (Habla español)** or email **bhbcherryhill@medstar.net**.



Registration is required. To register, click [here](#) or scan this QR code with your smartphone.