

PARENTING IS TOUGH. DON'T DO IT ALONE!

Attend a **FREE** Parent Café to share experiences,
build relationships, and strengthen your family.

September 28th, October 26th, November 30th

Open to all parents in McLean County.

Held at Cedar Ridge Elementary School, Bloomington IL.

From 5:30 to 8pm. Free dinner and child care with reservations.

Registration and dinner begin at 5:15pm.

Visit www.mcleancountyil.gov/health for more information about cafés.

----- CALL NOW TO REGISTER -----

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