



Parent Café

You're Invited - please bring a friend!

Topic:

Adult Yoga Class *and*
Teaching Mindfulness and Relaxation Techniques to help with
Challenging Behavior in Children

Date: November 9th, 2017

Time: 5:30 – 6:00 – Dinner - 6:00 – 7:00 - Yoga / Parent Café

Location: St. Edwards CDC
1430 Grove Ave, Racine 53405

Cost: **FREE!!! – child care & dinner included**
(If you have a yoga mat please bring it)

Please RSVP to Rebecca Czerwinski at 262-636-8051 or
rczerwinski1031@gmail.com – **by November 7th**