

# Parent Cafe

## Nurturing Through Nutrition



Join us for a relaxed Parent Café focused on how nutrition supports your child's energy, mood, and healthy growth. Learn simple ways to create positive mealtime habits and build balanced meals for your family. Best for families with children ages 0–6, all are welcome.

### What to Expect:

- ✓ Connect with other parents
- ✓ Share practical mealtime tips
- ✓ Learn how nutrition supports active, focused children
- ✓ Free child care
- ✓ Light meal provided
- ✓ Free Family Engagement Kit for each family

**Join the conversation and support your family's healthy growth.**



#### Date:

Saturday  
January 24, 2026  
11:00 AM–12:30 PM



#### Location:

Catalyst Community Office  
3161 Cameron Park Dr, Ste. 101  
Cameron Park, CA 95682

**Register today to  
reserve your spot.**



Scan the QR code or contact:

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Provider and Parent Educator

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