

Parent Café

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:

Callie Howell

Provider and Parent Educator
chowell@catalystcomm.org
(530) 676-0707

