

Parent Cafe

How good are you at Taking Care of Yourself? When was the last time you got a massage, had some “me time”, took a nap? Learn how to get rid of stress, handle frustrations and celebrate the little things! Join other parents for a de-stressing, empowering, and relaxing time. You don't want to miss this event!!



Friday, April 29, 2016

10:00AM TO 12:00PM

Flintridge Center

236 W. Mountain Pasadena CA, 91103 Room #117

Refreshments Provided

No Childcare Provided

RSVP By Calling: 626-765-5032



Pasadena / Altadena Coalition of
Transformative Leaders