

# TIME OUT FOR PARENTS

The kids...



While you...



A respite program that provides parents of children, ages 0 - 5 years old, with a way to stay CALM, COOL, and CONNECTED.

## WEDNESDAYS

## 10:00 AM - 12:00 PM

## STARTING

## JULY 14, 2010

Join us in a safe and nurturing environment where children can play, learn, and socialize while parents relax and take some time for themselves. This is a great way to connect with other parents, share ideas, and develop peer support. Both mothers and fathers are encouraged to participate. Parents please remain on the premises.

**494 Pacific Ave**  
**Crescent City, CA**  
**(707) 464-5500**  
**[www.dnfrfc.org](http://www.dnfrfc.org)**

