

# Parent Café



Taking care of  
yourself is part  
of taking care  
of your kids.

**Good Food**  
**Great Conversation**  
**Better Families**

**6 PM - 8 PM**

**Tuesdays starting October 3**  
**Mount Vernon Middle School**

**Earn  
Community  
Cash!**

**Childcare and meal provided**

**RSVP (319) 364-8909 Walk-ins Welcome!**