

Pouring Into Your Own Cup

As parents and caregivers, we give so much of ourselves to the people we love. But real resilience starts when we make space to care for our own hearts too. This Café is a space to slow down, breathe, and reflect on the strengths that carry us through each day. Together, we'll talk about what self-care really looks like — not as a luxury, but as a foundation for showing up as our strongest, most grounded selves.

Nov 19

10am-1130am

Location: 111 N Roosevelt St, Green Bay, WI 54301

Childcare not offered at this time

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