



# Courageous Hearts Cafe

*Take a pause. Find your people. Strengthen your journey.*

Being a foster caregiver is a journey filled with joys, challenges, and everything in between. At the cafe, you're invited to take a break, share your story, and hear from others who truly get it.

Whether you're looking for tips, encouragement, or a listening ear- you'll find it here.

## What to expect

- Open, meaningful conversations about foster parenting
- A safe, supportive environment to share challenges & wins
- Practical tips and ideas from others on the same path
- A sense of connection- because you're not alone
- Opportunity to receive training credit
- **Free meal** and **childcare** at all in-person cafes
- Chance to win a **\$50 gift card** at each session



Click [here](#) or **scan the QR code** to choose the date and location that work best for you!

*Registration is required. A member of our team will reach out to confirm.*



**Department of  
Children & Youth**

It Takes 100% Heart™