



2018-19

## Family/Caregiver Café Series

# Free Community Dinner Conversations

TOPICS THAT MATTER TO FAMILIES

All are welcome to join us on

**Wednesday, May 8<sup>th</sup> - 5:30-7:30PM**

**FREE DINNER  
and Child care  
for kids over 3**

**Topic: Self-Care ♥ We all need TLC**

*Come learn how to make yourself a priority!*

→ Gardner Middle School  
297 Catherine Street



During dinner **Carly Sebastian & Beth Cafarella**  
will join us to share Department of Mental Health (DMH) service updates  
**RSVP by May 5<sup>th</sup> to [aberube@ppal.net](mailto:aberube@ppal.net) or**

Coordinated Family Community  
Engagement Programs  
Of Ashburnham Westminster and MOC  
Gardner and Templeton



508-767-9725



**Donna M. Chalifoux MS, MHC**  
Mental Health Counselor  
978-407-0699

Gardner Community Action Team

