

# Living Your Best 2021!

## Virtual Vitality Cafes

*Join virtually with families of children receiving Early Intervention and/or Family Support Services for conversations focusing on self-care, health and wellness.*

**Who:** If you are a family member of a child currently receiving Early Intervention and/or Family Support services in Pennsylvania, we invite you to join in these conversations with other family members.

**What:** Virtual Vitality Cafes (through zoom)

**When:** 12:30-2:30 pm

Jan. 27, 2021

Feb. 24, 2021

March 24, 2021

**Pre-Registration is required for each café.**

[Register Here](#)

<https://www.surveymonkey.com/r/K7T79WC>

Feel free to join one, two or all three!!

**Any accommodations (language or ADA) must be requested at least two weeks in advance of each cafe, during the registration process.**



To support participation, family members of children enrolled in Early Intervention Services or Family Support Services, a stipend of \$40.00 will be offered for your participation. A child care reimbursement will be offered if needed to participate in the Cafes. Information on how to access the stipend/reimbursement will be provided after registration and necessary forms to be submitted for the stipend will be provided at the end of each Café.

Support for families of children who are deaf/heard of hearing is provided from Pennsylvania Department of Health. For other families of children receiving EI services that do not have a diagnosis hearing loss and children receiving Family Support Services, support is provided by The Office of Child Development and Early Learning. This will require ALL participants to pre-register and indicate what program(s) your child is receiving services and whether or not your child has a diagnosis of hearing loss.