

# ONE ON ONE COFFEE & CONNECTION



**Starting Sept 16, 2025**  
**TUESDAYS** (by appointment only)  
**Registration Ongoing**

Come in for a coffee and a chat! Honor your journey, celebrate your wins, and explore your goals and next steps. Our Family Specialists provide a warm and welcoming space just for you. Over a scheduled coffee, we'll talk openly about the everyday challenges and successes you're experiencing while exploring your personal and parenting goals. Together, we'll create a plan using simple goal-setting tools and, when needed, connect you with resources and services to support your journey.

**Pre-registration is required, please contact:**

Linda Collins: [neconnector@miskanawah.ca](mailto:neconnector@miskanawah.ca) or **403-700-8440**  
Lynette Persaud: [nwconnector@miskanawah.ca](mailto:nwconnector@miskanawah.ca) or **403-714-4895**

*Alberta*  Provincial Family  
Resource Networks



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