

# Welcome

## An Introduction to the Be Strong Parent Cafe

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# Objectives

Participants will:

- Describe how cafe conversations can support family engagement and help family members build protective factors.
- Understand protective factors and basic format.
- Understand how the Parent Café can support your work.





# Agenda

- Overview of the Protective Factors
- Purpose of Cafes
- History the Parent Cafe
- Core Elements of Cafes
- Discussion of Cafes can benefit your Community

# Who's in the Audience

- What is your role?
- Have you experienced a Be Strong Café?
  - Has your agency hosted a Café?
  - Have you participated in a Café?



# Agreements

- Speak From Your Own Experience (Use I Statements)
  - Listen Attentively (Do Not Interrupt)
  - No Judgements (Positive or Negative)
  - Do not Give Advice
  - Confidentiality (What Happens in Vegas, Stays in Vegas)
  - Full Presence (No Multi-tasking)
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# Five Protective Factors



1. Parental resilience
2. Social connections
3. Knowledge of parenting and child development
4. Concrete support in times of need
5. Social and emotional competence of children

# Why Cafes?

Cafes provide opportunities to:

- Build connections
- Develop personally and as parents
- Identify community needs and resources
- Build leadership
- Build protective factors





# History For Families by Families



# Be Strong Parent Cafes



<https://youtu.be/wTo4kO3QQj8>

# Core Features of Cafes

- Cafes bring parents/caregivers and others together to build positive relationships with each other and to strengthen families and communities.
- There are no observers.
- Everyone participates as a family member.
- Café themes and questions are relevant, generative, thought provoking and appropriate to the prospective guests (participants).

Center for the Study of Social Policy, *Café Overview and Fidelity Checklist*, 2015

- Cafes are scheduled and structured to allow the space and time for meaningful conversations.
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# Core Features of Cafes

- All aspects of Café planning, communication and hosting are strength-based and involve parents/caregivers as leaders.
- Cafes are safe places – both emotionally and physically – and safety is intentionally created and maintained by the group.
- Cafes are built around meaningful conversations in large and small groups among people who may or may not know each other well.

Center for the Study of Social Policy, *Café Overview and Fidelity Checklist*, 2015

# Core Features of Cafes

- Harvests are a part of every café design
- All people hosting cafes are prepared
- Cafes intentionally build Strengthening Families Protective Factors

# Anatomy

- Welcome
- Agreements & Creating a Safe Space
- Introduction to Protective Factors and Theme
- One on One and Debrief
- Café Conversations
- Commitment
- AHA and One Word
- Evaluation and Next Steps





## Look at Cards and Discuss

- How would families benefit?
- How would families learn differently about the Protective Factors compared to workshop

# How to Get Started

- Selecting a Team
- Participating in Training
  - Team commitments
- Upcoming Training Dates
- Who to Contact
- Ongoing Support - TA



# Planning a Café – Now What?

Training available in PA

<http://www.pa-strengthening-families.org/>

Be Strong Families

[www.bestrongfamilies.net](http://www.bestrongfamilies.net)

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A woman with long brown hair, wearing a dark blue top and large hoop earrings, is sitting on a pile of hay. She is smiling and looking towards a young boy with short blonde hair. The boy is wearing a white shirt, a dark blue vest, and blue jeans. He is also smiling and looking back at the woman. They are sitting in front of a red barn with vertical wooden planks.

# One Word Harvest

How would this benefit families in your program?

# Resources

- [Center for the Study of Social Policy](#)
- [Be Strong Families](#)



# Contact

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