

Parent Cafés

Parent Cafés are a space for parents to talk about things that matter to them. Each café centers on a theme related to parenting or family life. Each is facilitated by a Parent Educator, who introduces the theme and models how to share in response to a question. In small groups, parents then share their own personal responses to a series of questions intended to open dialogue about the theme.

Parent Cafes Build the 5 Protective Factors

The Protective Factors are: Parenting as Children Grow; Knowing How to Find Help; Building Inner Strength; Connecting with Others, Helping Kids Understand Feelings.

- 13 parents shared that they would like a follow-up call from a Parent Educator to talk about a parenting concern or question.
- 100% of participants affirmed that they met at least one other adult at a Parent Café with whom they could share a joy or sorrow if they saw them at their child's school or while they were in the grocery store.

Parent Leadership

Each café is planned with input from self-identified parent leaders who help choose the café topic, choose the food, pick dates and times, invite their neighbors, and even lead small group discussions.

What Participants Tell Us

We asked parents how our programs help them build protective factors - participants responded:

- I'm not alone.
- I can let others help if needed.
- Taking time for myself is okay and needed; it will help me be a better parent.
- I still have a lot to learn.
- Take deep breaths in stressful situations.
- Having a schedule helps.
- Kids are people too and need respect.
- It's not too late to set boundaries and to get respect from my child.
- I can change my perspective.

We asked parents about their favorite part of the Parent Café - participants responded:

- Laughing together about parenting.
- How open and easy the discussion was, with no judgment.
- Getting tools from the Parent Educators and other parents.
- Being able to hear that others struggle too gives me a little bit of relief.

Spring 2024

6 café sessions 24 participants

- La Crosse County Systems of Care (4 cafés)
- Huber Homes with La Crosse Area Family Collaborative and La Crosse School District Community Impact Coordinator (1 café)
- Schuh-Mullen Homes with La Crosse Area Family Collaborative and La Crosse School District Community Impact Coordinator (1 café).



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