## INDIANA PROJECT LAUNCH



PARent CAFés

Informal gatherings that allow caregivers to build leadership and relationships as well as protective factors that help to strengthen their families.



Be Strong Families

### PROTECTIVE FACTORS

#### **PARENTAL RESILIENCE**

Managing stress and functioning well when faced with challenges, adversity and trauma

#### **SOCIAL CONNECTIONS**

Having a sense of connectedness with constructive, supportive people and institutions

## **CONCRETE SUPPORTS IN TIMES OF NEED**

Identifying, accessing and receiving needed adult, child and family services

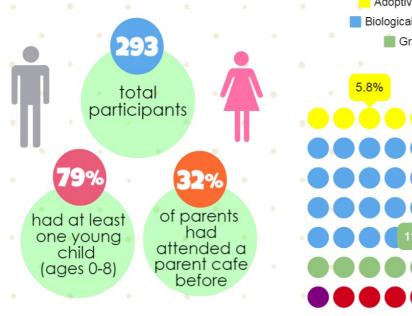
# KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

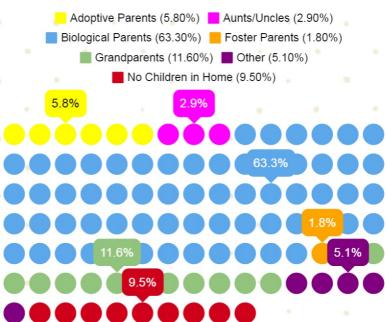
Understanding parenting best practices and developmentally appropriate child skills and behaviors

# SOCIAL-EMOTIONAL COMPETENCE OF CHILDREN

Forming secure adult and peer relationships; experiencing, regulating and expressing emotions

## WHO ATTENDS?





### CAFÉ GROW

2016

February Cafes begin 66

Spring 2016 Marketing grows

Summer 2016 New partnerships formed

130

Fall 2016

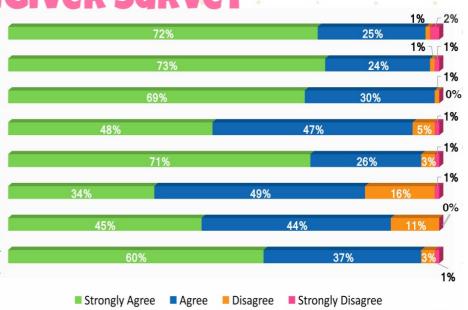
Grandparent Cafes begin

Spring 2017 Caregivers

become table hosts

### CAREGIVER SURVEY

Overall, I am satisfied with this Parent Café. I would recommend this program to another person. I enjoyed being able to spend time talking with other families. Hearned something I can use right away with my family. I learned a new way to handle stress or challenges in my life. I learned about a resource in the community that I can use when I need help. This cafe helped me better understand the importance of my child(ren)'s feelings. It was helpful to know that other families are going through similar things as me and my family.



### CAREGIVER CON

Love the Cafe'!

It really helps to talk and share our own issues.

This was fun and helpful!

Other parents are through the same things that I am.

I learned I am not alone.

May 2017



COLLABORATIVE RESEARCH **INITIATIVE** 

INDIANA UNIVERSITY School of Education Bloomington







**Division of Mental** 

