

Parent Cafés

Conversations to keep families strong!



What is a Parent Cafe?

Parent Cafés allow sharing and learning among parents at a place that appreciates all they have to offer and need. Guided by a fellow parent who is trained as a Parent Host, small groups meet and explore questions that really matter to them. Those questions help parents learn about:

- **Taking Care of Self**
- **Being a Strong Parent**
- **Building Strong Relationships with their Children**

Why do parents come?

Through meaningful conversations, parents work to build Protective Factors that benefit the family by:

- Opening up a bigger social circle
- Building the ability to bounce back or be resilient
- Gaining knowledge of child development and parenting
- Accessing supportive services
- Learning to help children communicate and express feelings



How does it work?



At the Parent Café, every parent participates to gain confidence, recognize what they already know, and realize what supports they already have around them. They become clear about what their families' challenges are and develop skills to solve problems in their own family. They identify issues, find ways to address them, and commit to individual action. At the same time, they build trusting relationships, social support, and connections with other parents.

Interesting in being a Parent Café site?

Being a Parent Café site is a perfect way to build family engagement. If your center is a 2, 3, 4 or 5 star-rated program in Lorain County, learn more about how Parent Cafés work and how to become a site.*

Contact the CCRC today!

Annette Towner

Parent & Community Services Specialist

(440) 960-7187 ext. 238



**Funding provided by Ohio Children's Trust Fund and Children and Family First Council of Lorain County*