

Introduces parents to and educates them about the Five Strengthening Families Protective Factors that keep families strong



Promotes individual deep self-reflection



Builds the Five Strengthening Families Protective Factors in the course of the Cafe itself



Provides participants with an opportunity to practice positive communication skills



Enhances community and fosters meaningful relationships among all those who are planning and participating in the Cafes



Strengthens partnerships between parents and service providers



Provides a foundation for healing from trauma and increased well-being

Parent Cafe

is a peer-to-peer learning process that:

"What I love the most about these is that you can come together with other people that you may not know, but really start to form a connection with them after a short period of time. It is all in the structure of the program."
-Tara Carr, Family Peer Support Specialist



Family Peer Support Specialists (FPSS) draw on their own experience as a parent or primary caregiver of a child with an emotional, behavioral, or mental health need. They work to empower families by teaching skills that assist them in finding their own voice.

