Goals of the Family Café

- Parents grow stronger and more flexible as they share challenging personal events and reflect on the actions they took in response, what happened as a result, and what they learned.
- Listening to each other, they realize that everyone faces difficult events but survives them and gets stronger as a result.
- Parents build friendships and relationships of mutual support in the process of having conversations with other parents, family members raising children, and family serving staff.
- Parents learn about resources and get support by reflecting on their barriers to receive help, becoming more open to accessing help, and learning from other parents that support has been helpful to them.
- Parents add to their parenting knowledge by listening to other parents and sharing ideas and approaches to their issues.
- Parents build their appreciation for the essential role they play with each of their children in helping them reach their potential.