Cafes Para Padres
Parent Cafes
Performance Measures

**Quantity**
- 90 participants; 2 cohorts per community

**Quality**
- 75% “socially isolated”
- 75% can identify 2 or more new social connections made in Café
- 75% can identify 2 or more local agencies that provide services they need
Overarching Goals

Impact

- Community members are less lonely and less isolated,
- Know how and where to go for support and resources,
- Have a sense of belonging to and better understanding of their community.
Progress
Jan-Aug
2017

Updates on Cafes that ran Jan – Aug
Five different Cafes
Van Nuys - First Lutheran Church
Jan. 7 – June 3

52 different parents attended at least one Café

Saturday Cafés, monthly

Highest percentage of male attendees

Highest percentage reporting they have no one who will listen when they need to talk about their problems
29 different individuals attended at least one Café

100% immigrants

Majority (63%) had heard of BS prior to attending the Café
**North Hills - Rosa Parks**  
Feb 16 – April 20

41 different individuals attended Cafés

1/3+ lived in PCN fewer than 5 years

Indicated immigration info and resources as one of the most important concrete supports provided by the Café.
Van Nuys – Valerio Elementary
March 21-May 30

29 different individuals attended

Parent Café is primary or only support group

Little knowledge about BS when they entered the Café.

Majority (79%) have lived in Van Nuys 10+ years
Panorama City – Casa Esperanza
July 13 – Aug. 17

24 different individuals attended Café
Community partner requested Café
New partner
Programs for young children
Aprendimos que...

What We Learned
✓ Developing Social Connections

Participants are making new social connections, and extending those relationships beyond the Cafés.

I see others parents drop their kids off at school and I never used to talk to them, now we are friends.

Soy una persona timida. Los cafés me ayudan a conocer a otros padres. Escucho mucho en las mesas. Estoy construyendo mi capacidad para compartir mis opiniones.
Access to Concrete Supports

Participants are learning about and connecting with needed resources

100% report they have learned about community services & resources available to them.

Resources Highlighted: food banks, SFV Community Mental Health Center; Kids Club; Casa Azul, the Family Wellness Center; Family Read; Learn, Play Grow; Project Safe and the Immigration Forums.

Survey data
Learning About the Protective Factors
Factores de protección

Social Connections – Padres necesitan amigos positivos
Concrete Supports – Agencias y recursos en la comunidad
Parental Resilience – Ser fuerte y flexible
Knowledge of Parenting & Child Development – Conocimiento de la crianza y el desarrollo infantil
Social & Emotional Competence of Children – Desarrollo competencia socio y emocional de los niños.
Trends to Examine
How Often Do Parents Attend Cafés?
¿Con qué frecuencia asisten?

- Michele Obama: 55% 31%
- Rosa Parks: 54% 29%
- Valerio El: 47% 38%
- First Lutheran: 40% 30%
- Casa Esperanza: 29% 29%

Asistió

1 sess
3+ sess
Participants Remember People, Not Programs

Few participants knew what Best Start is
Few participants knew what Friends of the Family is

Interview data only
Are We Meeting Our Goals?

✓ 332 Parent Café participants 6/16 – 8/17

✓ 9 Cafes in 8 different sites throughout PCN communities
Achievement

✓ Participants are making **new social connections, and extending those relationships beyond the Cafés**

✓ 94+% have **met at least one new person** at the Cafés who they are comfortable talking with about their children or family.

✓ 90+% talk or spend time with the parents they have met at the Parent Cafés outside of the Cafés.
Achievement

✅ Participants consistently report that they learn about concrete supports that are of use to them and their families.

**Resources of particular importance:** food banks, medical clinics, mental health services, **support for children & adults with special needs**, and immigration support and information.
Achievement

Parent Cafés Provide a Unique Experience

Asisto a otras cosas en la escuela de mi hija, pero el Café es diferente.

Parents feel safe and comfortable sharing honestly

Parents are compelled to explore topics they otherwise avoid or ignore

Parents are the “center” of the Cafés
This is the goal of the entire project – PC along with PRL project and the Collaborative...