

What are LAUNCH Family Cafés?

LAUNCH Family Cafés engage parents in meaningful conversations about what matters most to the families and how to strengthen families through the 5 Strengthening Families™ Protective Factors. The five factors mitigate the negative impact of Adverse Childhood Experiences (ACES) and promote resilience.

Family Cafés are an adaptation of the World Café process. World Cafés are based on seven guiding principles which are to: (1) clarify the context (2) create hospitable space (3) explore questions and topics that matter (4) encourage everyone's contribution (5) connect diverse perspectives (6) listen for insights and deeper questions and (7) harvest and share collective discoveries. When the seven principles are integrated, authentic human connection, honest conversation and collective wisdom emerge. Family Cafés are effective in engaging parents and family members when connected to a strategic and comprehensive family and community engagement approach.

How do LAUNCH Family Cafés enhance home visiting programs?

By providing a transition for parents from home visiting programs to their communities of peers and local resources.

By increasing family use of referrals suggested by home visitors through reductions in stigmas of asking for, accepting, and accessing resources and supports, and through direct connections with providers at cafés.

By increasing rates of engagement through provision of an emotionally safe space for parents to share what they know, what they do not know, and what they would like to learn about parenting without feeling judged.

How do LAUNCH Family Cafés improve the lives of young children and families?

By helping parents/caregivers reduce stress and social isolation.

By increasing parents' social/emotional and communication skills.

By building protective factors that mitigate ACES and trauma.

By facilitating meaningful relationships between community members, thus building community.

By providing opportunities for parent leadership that builds confidence and marketable job skills.

Project LAUNCH (Linking Actions for Unmet Needs in Children's Health) is designed to promote the wellness of young children ages birth to 8 by addressing the physical, social, emotional, cognitive and behavioral aspects of development. California LAUNCH funding was awarded to the California Department of Public Health to support the expansion of best practices in early childhood wellness. Three counties, (Fresno, Nevada and San Francisco) are implementing successful strategies focused on family support and engagement and the infusion of mental health consultation in home visiting that were developed in the original Project LAUNCH in Alameda County. For more information contact Karen Finello, Project Director kfinell@wested.org