

The Impact of Family Cafes due to California Project LAUNCH

Family Outcomes



* Increased parenting confidence

* Improved family communication skills

* Improved self-care



* Improved support from others around the challenges of parenting

* Decreased parental stress and increased feelings of well-being

* **Increases in all sub scales measured by the Parent Assessment of Protective Factors** (parental resilience, social connections, concrete support in times of need, and social- emotional competence of children)



* **Statistically significant increases in the social-emotional competence of children and on the Protective Factors overall**

How Well-Received are Family Cafes?



87% strongly agreed that they felt comfortable expressing their thoughts and feelings at the Family Cafe



93% strongly agreed that Family Cafes were a welcoming and supportive place to be



93% strongly agreed that they would recommend Family Cafes to friends and family

Quotes from Family Cafe Participants



It feels like such a stress reliever. I wake up and think, "Yes, it's Cafe Day!"



It made me realize that parenting is supposed to be hard, and that's normal.



Now my husband steps in and picks up the ball more because now we both know the concept of "self care." I didn't have that concept in my head before.



