## Parent Café - Program Logic and Theory of Change

#### **INPUTS**

# **Be Strong Families Parent Café Model**

#### Based on:

- Principles of Adult Learning
- Principles of Family Support
- Strengthening Families™ Protective Factors Framework
- BSF empowered engagement approach and a social justice / peace-building lens informed by:
- Appreciative Inquiry
- Art of Hosting
- Insights from humanistic, transpersonal, and positive psychology
- \*Life Coaching

**Participants:** Parents, caregivers, agency staff, other adults involved in the lives of children

**Café Team:** including staff and parents as trained Café and Table Hosts

**Welcoming Ambiance:** For example, welcome sign, music, centerpieces, doodle supplies, refreshments.

Materials: Parent Café cards or questions (including Dads cards and A More Perfect Union cards), Agreement cards, Commitment cards

**Dosage:** Varies depending on purpose. Most commonly once/month or intentional, time-limited series with more frequency (No more than once/week)

#### **OUTPUTS**

#### **Activities**

Parent Cafés hosted with fidelity to the model, including:

Introduction to the Theme of the Café and Protective Factors: Resilience, Relationships, Knowledge, Support and Communication

One-on-One & Hosted Café Conversations

Individual & Collective Harvest

One-Word Closing

Feedback Form (part of reflective process)

### **Participation**

Participants decide how much or how little to share.

Parents share with and/or listen to peers.

Participants learn from others' stories.

Participants practice the Protective Factors.

Participants build social emotional competence and active listening.

#### OUTCOMES & IMPACT

#### **Short-Term**

## Participants feel...

- Safe sharing their truth, values, and lived experiences with others.
- Heard, have strengths recognized and are treated with dignity.
- More comfortable using services and supports.

## Participants learn...

- · A new way to handle stress.
- Positive ways to deal with their children.
- Parenting challenges are a common, expected part of parenting.
- About active listening and have a chance to practice.

## Participants experience...

- Usefulness of Protective Factors in own lives, including navigating complex social and political situations.
- Emotional release by sharing in safe space.
- Themselves as leaders.

Participants reflect on own strengths and challenges as parents.

Participants identify areas of relationships/parenting that they want to improve.

Participants see other café participants as potential social connections.

Participants move beyond own biases to connect with diverse others.

#### **Intermediate**

Participants reflect on parenting and relationships more often.

Participants change behavior within relationships/family.

Participants are energized and inspired, even when facing setbacks.

Participants build and maintain social connections.

Participants use concrete supports in times of need.

Participants take steps to leadership, role with cafés.

Participants know more about child development, parenting.

Participants see possibility for own healing in others' stories.

Participants experience more self-acceptance.

Participants feel more connected to each other.

Participants share collective experience of positive energy, unconditional acceptance and support.

Parents and staff build respectful and equitable relationships and build community within the organization.

Community ties are strengthened through Cafés.

#### **Long-Term**

Families experience increased well-being.

Children are safe and are raised by parents that respond to their developmental and emotional needs.

Parents are leaders in family and community.

Parents have greater sense of efficacy-take control of family's well-being and mobilize resources for their family, working in equitable partnership with social services to keep their families strong.

Social service providers shift from "deficit model" to equitable, respectful relationships with participants that recognize them as capable agents of change.

Community members have compassionate, respectful and equitable relationships with others who are different from themselves.

Move towards a more just, more equal, more free, more caring and more prosperous America.



Be Strong Families partners to develop transformative conversations that nurture the spirit of family, promote well-being, and prevent violence.