



GET INVOLVED IN PARENT CAFÉS:

- Come to a Parent Café in your community—find one at the web site below
- Become a Parent Café Host and a parent leader through SFI's training programs
- Host a Parent Café at your organization, school, or business
- Join the Keep Your Family Strong discussion group on Facebook

CONTACT:

Strengthening Families Illinois
310 S. Peoria, Ste. 301
Chicago, IL 60607
312/421-5200 x 125
info@strengtheningfamiliesillinois.org
www.strengtheningfamiliesillinois.org

We may not be going through the same thing, but we're all going through something. At Parent Cafés we share, get clarification, and confirmation. When you talk, others listen—with no judgment. **The only bad thoughts are the ones you hold inside.**

— Delores Evans
SFI Parent Leader

LOVE
IS NOT ENOUGH
TO KEEP YOUR FAMILY STRONG

is Illinois' parent-led public awareness campaign.

Learn more and download

Love Is Not Enough materials at:

www.keepyourfamilystrong.org

strengthening families
I L L I N O I S

Strengthening Families Illinois is a statewide collaboration among more than 40 organizations working to build six Protective Factors to keep families strong:
www.strengtheningfamiliesillinois.org

LOVE

IS NOT ENOUGH
TO KEEP YOUR FAMILY STRONG

PARENT CAFÉS

3 conversations
that will change your life
& strengthen your family

strengthening families
I L L I N O I S

PARENT CAFÉS

WHAT ARE PARENT CAFÉS?

Love Is Not Enough Parent Cafés are a series of three group conversations for parents:

1. Taking Care of Yourself
2. Being a Strong Parent
3. Building Strong Relationships with Your Children

Parent Cafés were created by Strengthening Families Illinois (SFI).

ARE PARENT CAFÉS FOR ME?

Are you a parent, grandparent, or other person who is actively involved in raising a child? If so, the answer is “yes”! Special cafés are organized for teens, fathers, foster parents, grandparents, and others. Materials and support are available in English and Spanish.

WHERE DO THEY TAKE PLACE?

At daycare centers, schools, community organizations, churches, businesses—places where parents feel welcome. Upcoming Parent Cafés are listed on the web sites below.

ARE THEY FREE?

Yes! Parent Cafés are free for participants.

IS THERE CHILDCARE? FOOD?

Yes! The sponsoring organization provides childcare and food to participants.

HOW ARE THEY DIFFERENT FROM REGULAR CONVERSATIONS?

At the Parent Café, parents use a tried-and-true process and set of questions to draw out the thoughts, feelings, and experiences they need to talk about. Having these conversations helps build 6 Protective Factors that keep your family strong. Most important, the Parent Café process includes follow-up, leading to real change in your life, your family, and your community.

WILL I FEEL SAFE TALKING ABOUT DIFFICULT THINGS?

Parent Cafés are all about bringing difficult situations and emotions to the surface, bearing witness to each other, and building the strength we need to be good parents. To make sure that happens, Parent Cafés create a safe environment where participants:

- Speak from their own experience, using “I” statements

The Parent Café was more than just mingling with other parents, it was an actual method to **help myself grow**.

— Gabriel Gousman
SFI Parent Leader

- Listen attentively and don't interrupt
- Don't put down themselves or others
- Refrain from giving advice
- Keep confidentiality

Couples and parents who know each other join separate conversation groups so they can speak freely and get a fresh perspective.

WHO LEADS PARENT CAFÉS?

Trained Parent Hosts help everyone get the most out of the conversation. Parents also organize, facilitate, and plan Parent Cafés and train other parent leaders. If you are a parent, you can become a trained, paid parent leader through Strengthening Families Illinois.

WHO SPONSORS PARENT CAFÉS?

Parent Cafés are sponsored by organizations and businesses that want to promote parent engagement and strengthen families. SFI can provide you with a team of trained parent leaders and all the materials needed to provide Parent Cafés, as well as training parents in your community. The series of Parent Cafés starts at \$2,000.

CONTACT SFI TO GET INVOLVED IN PARENT CAFÉS TODAY!

