



# KENTUCKY STRENGTHENING FAMILIES<sup>SM</sup>

## What is a Parent Café?

Parent Cafés are parent-led get togethers that encourage parents/caregivers to openly talk about the challenges of caring for a child(ren) and learn from each other through guided discussions.

Participants learn about the Protective Factors, explore their strengths, self-reflect, engage in peer-to-peer learning, create strategies from their own wisdom, strengthen their families and engage in transformational change.

## Benefits

- ✓ Grow Stronger
- ✓ Become More Resilient
- ✓ Build Relationships
- ✓ Learn About Resources
- ✓ Feelings Validated
- ✓ Opportunity For Reflection

## Protective Factors

**Nurturing and Attachment:** *Families ensure children feel loved and safe*

**Knowledge of Child and Adolescent Development:** *Families learn how their children grow and develop*

**Social Connections:** *Families have friends they can count on*

**Concrete Support:** *Families get assistance to meet basic needs*

**Cognitive and Social-Emotional Competence:** *Families teach children how to have healthy relationships*

**Parental Resilience:** *Families bounce back*

Contact us for more  
information

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Prevent. Promote. Protect.