



# PDG-R Year 1 Summary

July 2020 – January 2021

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## Facilitators

Via PDG-R, CCRC supported Resource & Referral (R&R) Hubs to convene Virtual Be Strong Families Vitality Cafés across California. By the end of year 1, a total of 80 virtual cafés were hosted by over 30 R&R agencies across California, serving over 700 participants. Offering cafés virtually made cafés accessible, safe, and convenient for parents and participants to continue to connect and find support during a time of social isolation. The Vitality cafes helped participants engage in meaningful conversations and connect with others.



**32** R&R hosting agencies across CA



**80** Virtual Parent Cafés

HUBS	Cafés
1 – Sonoma	5
2 – Butte	3
3 – Placer	7
4 – Alameda	14
5- San Benito	3
6 – San Joaquin	4
7 – Merced	5
8 – Ventura	6
9 – San Diego	3
10 – San Bernardino	3
11 – Los Angeles	27
<b>Total</b>	<b>80</b>

Overall, Parent Café facilitators said their virtual cafés went well and they agreed that participants were engaged during the virtual cafés. Most facilitators shared meaningful moments and experiences that participants had during the café, indicating participants were getting a similar experience as in-person cafés and noticed the benefit in continuing to support parents during the pandemic.

**Parent Café facilitators felt their participants were engaged during the café.**



**Overall, the Parent Café facilitators felt the virtual cafe went well.**



\*84% response rate (N=67)

**Facilitators shared meaningful moments that occurred during their virtual Parent Cafés:**

*“Every café has been a success, but I always find it amazing to hear the “one word” that parents use to reflect on their experience. This week was about feeling “connected”, “supported”, “at peace”, powerful words and feelings that they shared!”*

– LA County Café Facilitator

*“The “aha” moment occurred towards the end of the Parent Café in the importance of social connections during these challenging times. The parents were so engaged and added such rich anecdotes of their struggles, experiences, and strengths of being social and the importance of social connections.”*

–Placer County Café Facilitator

*“Several families are mentally struggling with COVID and being at home, but to see others struggling as well, there was a sense of community and they started collaborating.”*

–Glenn County Café Facilitator

*“During the cafe, a speaker regarding ACES was able to talk to the grandparents and explain the scale. Grandparents were able to express their concerns and offer each other support in addition to learning new materials.”*

–Amador County Café Facilitator

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## Participants

Overall, participants said their virtual café experience was very good. What participants strongly agreed on the most was that they felt safe sharing with other parents during their café. Many meaningful moments were shared by participants about how they felt connected and not alone in their struggles. Most said they are grateful cafés were still being offered during difficult times. Almost all of the participants said they would return to another café.



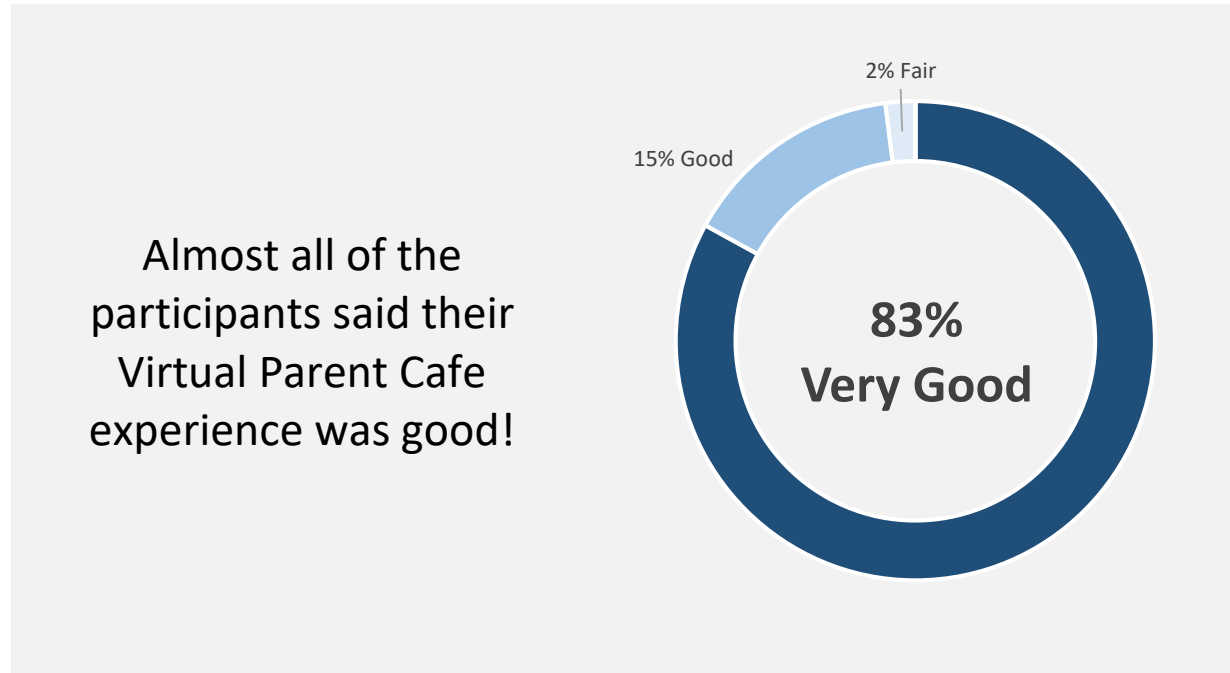
**704** Participants attended PDG-R Virtual Parent Cafés



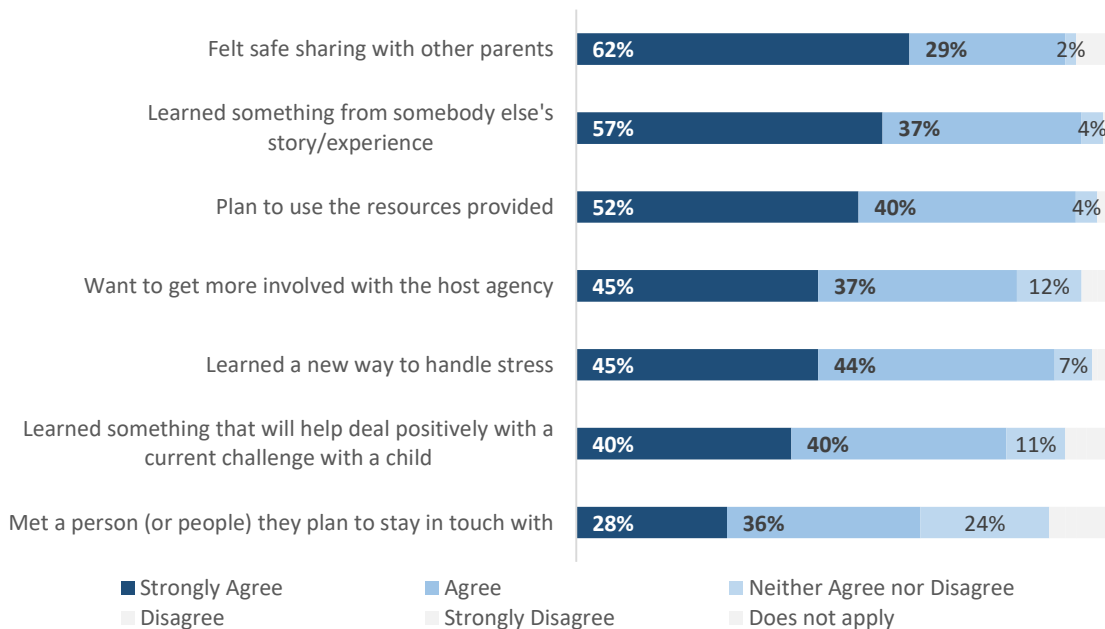
**89%** of participants were parents and **65%** of those parents had a child(ren) who is 0-5 years old.



**97%** of participants agreed that they would return to another café.



Most Parent Café participants agreed that they felt safe sharing with other parents and learned something from somebody else’s story and/or experience.



**Some participants from across the state shared some meaningful moments they experienced during their virtual parent café:**

*“Really felt a sense of community. It was nice to not feel alone and to get ideas on so many things. It was a wonderful experience. Very heart and eye opening.”*

– San Bernardino parent

*“I recognize that what I felt as mom guilt during pandemic was something that other moms were experiencing as well. It made me ease off on myself and be kinder to myself. This has made it easier to navigate through quarantine with a toddler and been a full time employee.”*

– Los Angeles parent

*“We’re all doing okay. We’re all doing our best. We are valuable and worthy of being taken care of and thought of as highly as we treat and think about others. We need to prioritize self-care.”*

- Contra Costa parent

*“Today I remembered that I am not alone in regards to parenting during these difficult and stressful times. It was a huge sigh of relief remembering we are in this together.”*

-Humboldt parent

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\*43% response rate (N=300)