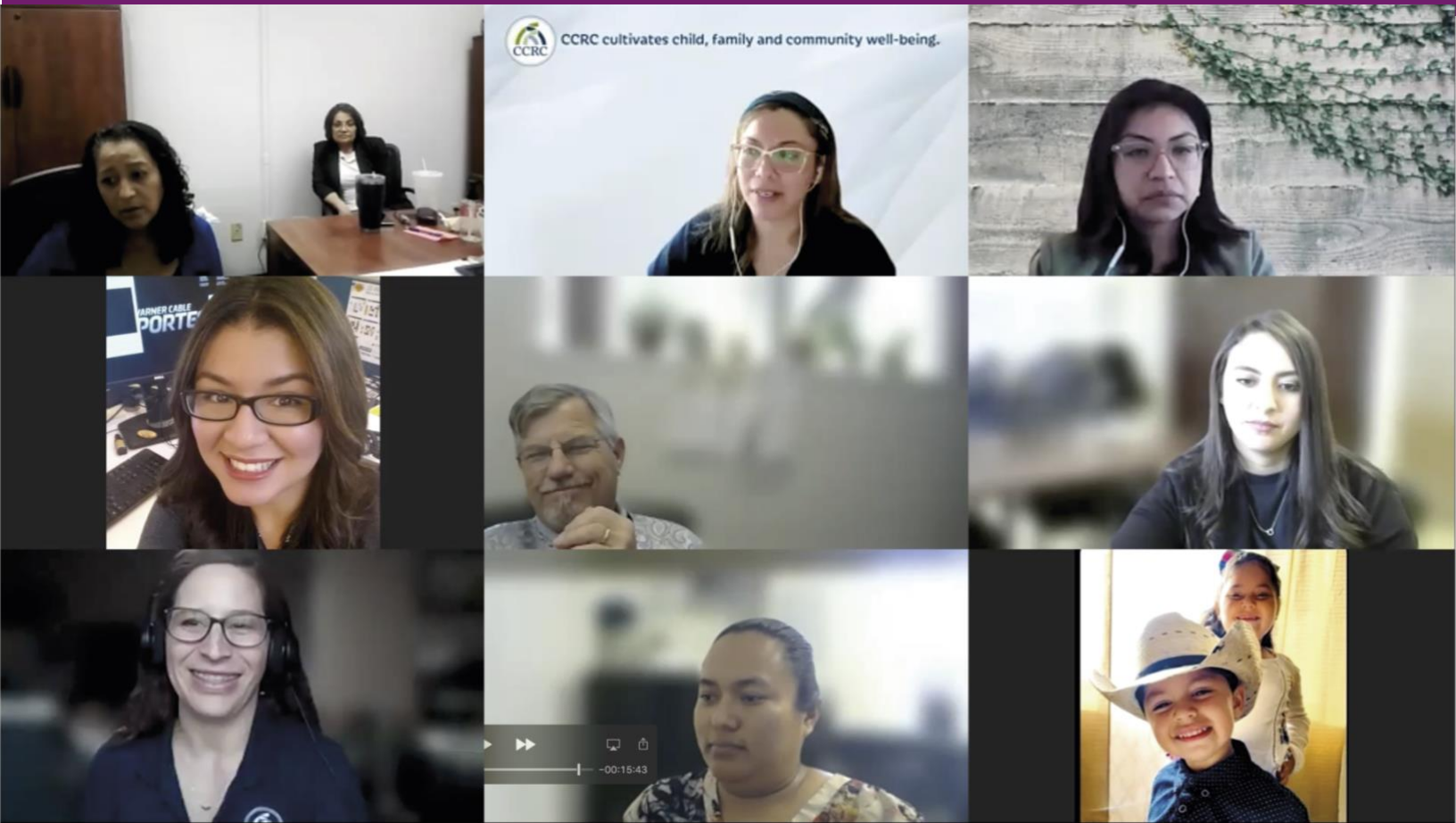




PDG-R Year 2 Café Summary

January 2021 – December 2021

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Introduction

CCRC supported Resource & Referral (R&R) Hubs to convene *Growing Brain Cafés* across California during this grant year. In year 2 a total of 160 cafés were hosted by 52 R&R agencies across California, serving over 1,360 participants. Cafés were hosted either virtually or in-person to allow for the ever-changing regulations in response to the COVID-19 pandemic. This flexibility allowed for Cafés to be accessible, safe, and convenient for parents and community members to continue to connect and find support while navigating a global pandemic environment. The Cafés, utilizing the Zero to Three *Growing Brain* curriculum, helped participants engage in meaningful conversations and connect with others.



52 R&R hosting agencies
Representing 45 Counties in California



143 Virtual Parent Cafés
17 In-Person Café

Café Types:	131 parent Cafés 9 licensed center and family child care home provider Cafés	9 home visitor Cafés 10 family, friend, and neighbor child care provider Cafés
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HUBS	Cafés
1 – Sonoma	15
2 – Butte	6
3 – Placer	16
4 – Alameda	28
5- San Benito	8
6 – San Joaquin	9
7 – Merced	14
8 – Ventura	16
9 – San Diego	10
10 – San Bernardino	8
11 – Los Angeles	30
Total	160

160 Cafés were facilitated between September and December 2021. 52 R&R agencies across 45 counties in California offered Cafés in-person or in a virtual format. Cafés were hosted in a variety of languages including **Spanish, Mandarin, Farsi, and English.**



Participants

Findings were similar to those from PDG-R Year 1. Participants enjoyed their Café experience and wanted to return for future Cafés. The highest level of agreement among participants was that they felt safe sharing with others during their Café. Many meaningful moments were shared by participants about how they felt connected and not alone in their efforts parenting or caring for children. Most said they were grateful Cafés were still offered during difficult times.



1,368 participants attended Growing Brain Cafés



84% of participants were parents and
59% of those parents had a child(ren) who is 0-5 years old

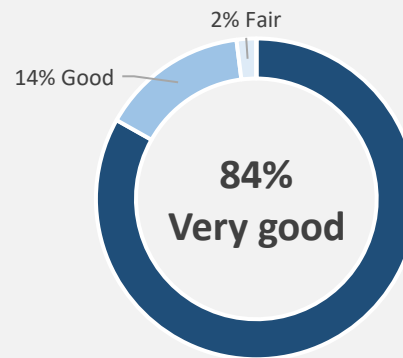


56% of providers were Licensed Family Child Care Homes
22% of providers were Family, Friend, or Neighbors
12% of providers were Licensed Child Care Centers

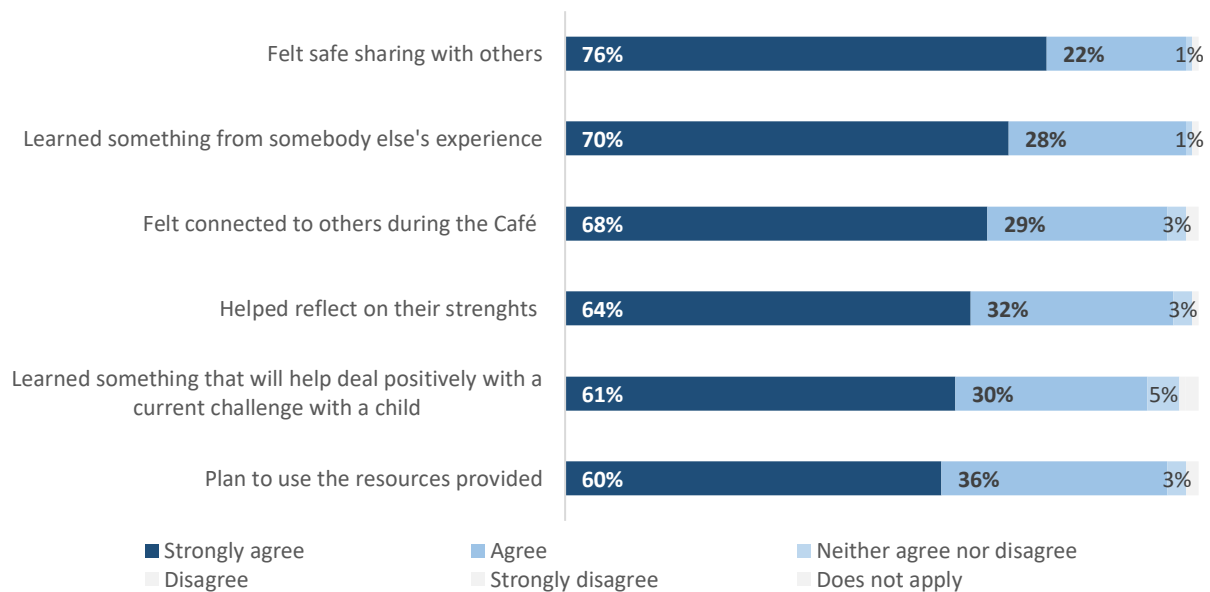


98% of participants agreed that they would return to another Café

Almost all of the participants said their Café experience was good!



Most agreed that they **felt safe** sharing with other Café participants, **learned something from somebody else’s experience**, **felt connected and learned something they plan to implement**.



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

“I realized that I can learn about my children and their personalities by observing how they play. I also did an exercise where I practiced active listening which is something I want to focus more with my children.”

– Sacramento Parent

“Other providers experience the same highs and lows being a provider and we all have similar experiences throughout the day that are both the most rewarding and sometimes difficult.”

– San Luis Obispo County Provider

Cafés from the Facilitators Perspective

Facilitators said their Cafés went well and most agreed that participants were engaged during the Cafés. Facilitators shared many meaningful moments experienced by participants during the Café, which demonstrated how Cafés continued to provide a safe space for participants to talk about their experiences and form connections with others in their community.

Facilitators felt the Cafés **went well**.



Facilitators felt their participants were **engaged** during the Café.



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

“Many of our parents are developing true and real connections with each other. It is a wonderful ‘AHA’ moment to watch those unfold. Some participants were new this time, while others returned from our last Parent Café. Many of our returned parents connected with each other again and seemed happy to be participating alongside with other returned parents”.

– Contra Costa County Facilitator

“Participants became very emotional when they shared personal experiences. They realized that they shared the same struggles”.

– Imperial County Facilitator

“Due to COVID and other health related issues, we had some parents who have lost a loved one within this year. It was a very sentimental training and it was hard to comfort those families via zoom. We were very pleased for the parent participation. Some parent's shared parenting techniques to released stress and to take care of their selves (me time)”.

– Marin County Facilitator

“Two participants walked out together at the end and we thought this was great because there was a connection made”.

– Calaveras County Facilitator

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