



PYRAMID COMMUNITY CAFE
PARENTS AND YOUTH REACHING AMAZING MILESTONES WITH
INITIATIVE AND DEDICATION.
868 GEORGE ENGRAM BOULEVARD ROOM 216W
DAYTONA BEACH, FLORIDA 32114
386/322-6102 EXT 7



Living the Protective Factors
October 2014 Newsletter

WEALTH WELLNESS

- **Date: Thursday, October 9, 2014**
- Location: PYRAMID Community Café
- Time: 4:00 p.m. to 5:00 p.m.
- Focus: Bobby Balsamel will provide FREE monthly money management, budgeting and financial tips to members of our community. We don't need to be rich to be wise with spending or to achieve **wealth wellness!!!**

BUNNELL CAFÉ TALK

- **Date: Friday, October 10, 2014**
- Location: G.W. Carver Community Center, 206 East Drain Street, Bunnell, FL., 32110
- Time: 10:00 a.m. to 11:30 a.m.
- Come join the Bunnell Café for doughnuts, coffee and great conversation as we continue to build relationships with our Flagler Community.

10th Annual Health & Human Services Summit
Friday, October 3, 2014

Come and enjoy a day full of powerful collaboration, community synergy and responsive educational opportunities. The event is open to the public at no cost to attend.

There will be 9 trainings taught by local experts which are also free, one being the Strengthening Families Overview (see details below).

80 Vendors will be on hand representing a variety of Health and Human Services Professionals providing valuable information about their services and offerings including our own PYRAMID Community Café.

There will also be a Poverty Simulation which will allow us to experience virtually what it might be like to live in poverty for a month.

Location: Daytona Beach Ocean Center, 101 N. Atlantic, Daytona Beach, FL.
Times: Trainings: 8:30 a.m. - 2:30 p.m.
 Vendors: 10:00 a.m. - 2:00 p.m.
Registration: Michele@ovfv.org or Julie@ovfv.org.

See you on Friday, October 3, 2014

PYRAMID COMMUNITY DAYTONA CAFÉ DIALOGUE

- **Date: Friday, October 17, 2014**
- Location: PYRAMID Community Café, 868 George Engram Blvd, Daytona Beach, Florida 32114
- Time: 6:00 p.m. to 7:30 p.m.
- Monthly Dialogue -ALL community members are invited to add to the richness of our meaningful conversations.
- Childcare is provided.

THE HUDDLE—(Male Support)

- **Date: Thursday, October 23, 2014**
- Location: Jakob's Well, 132 N. Beach Street, Daytona Beach, FL., 32114
- Time: 6:00 p.m. to 7:00 p.m.
- Support for MEN has arrived!
- Men will discuss our relationships with others, family and cultural influences and our roles in society.

STRENGTHENING FAMILIES OVERVIEW TRAINING

Sponsor: 10th Annual Health and Human Services Summit
Location: Daytona Beach Ocean Center, 101 N. Atlantic Avenue, Daytona Beach, Florida 32114
Date: Friday, October 3, 2014
Time: 8:30 a.m.—10:30 a.m.
Cost: Event open to the public at **No Cost!**
Registration: Please register with Michele@ovfv.org or Julie@ovfv.org.
 If you have any questions, feel free to contact Corey Best at corey.best@healthystartfv.org or Maria Long at maria.long@healthystartfv.org – (386) 252-4277.



Family Engagement, and the Protective Factors and Café

“The Community Café gives us hope for tomorrow. It is the best place in our community for resources extended to us through guidance and direction in strengthening our families and improving ourselves without giving false hope.”

*Barbie Davis
Community Café Parent*

Dad's Corner

Fathers.com &
thisisfatherhood.com



Bonding with Your Baby:

5 Top Tips to improve Connection Between Dad and Child:

1. **Set a table for two;**
Very interactive and fun if your child is old enough to sit up and enjoy the mess!
2. **Change a diaper;**
This is a time for your child to see and feel our nurturing. May be difficult to appreciate the bonding while dealing with wet one, believe me it works!
3. **The bench press;**
Work on biceps and attachment as you gently hoist your child WAY UP!
4. **Beat the cold or fever;**
No one likes to be sick and your child will appreciate the closeness and security from Dad.
5. **Take lots of pictures;**
This is a precious way to show family, friends and loved ones the wonderful connection you and your child have established. Remember Kodak....a picture is worth a thousand words!

Community Café Offers:

- Positive **Social Connections**
- Monthly Café Dialogues (Day & Evenings)
- Volunteer Opportunities
- Computer Access
- Career Building
- Evidenced-Based Parenting Courses
- One Stop Career Link
- Peer Support
- Leadership Skills Building
- Connection to Healthy Start
- Connection to Healthy Families
- Connection to Early Learning Coalition
- Computer Access to Food Stamps, Medicaid and much more!
- Networking Opportunities

Lend Your Voice:

The Café is a great place where families and agencies come together to assist one another with valuable support.

Growing together as a team, we realize the need to have a strong family voice to help us shift and shape the services offered to our children and families. The opportunity to volunteer, advocate for another and provide your experience to members of your community is amazing and available through Café membership and leadership.

We urge you to place one simple call to find out more about how your leadership, skills, talents and time are needed to improve the outcomes for our future. As parents, we know our children depend on us to

provide bonding, care and love. Often times, we need the support of another parent who understands our journey in order to feel connected to the “outside” world.

If we remain silent, no one will hear our needs. Nor will they be able to witness how great you are.

We value your greatness and we value you!

PROTECTIVE FACTOR OF THE MONTH **Social Connections:** **Everybody Needs Friends**

How do you build trust in a relationship?

The Café is a safe place where families can connect and begin to build strong trusting relationship with each other. Remember, always do the right thing. We trust those who live, walk and work with integrity.

Hours of Operation:

- Monday: 8:00 a.m. until 12:00 p.m.
Tuesday: 8:00 a.m. until 12:00 p.m.
Wednesday: 1:00 p.m. until 5:00 p.m.
Thursday: 1:00 p.m. until 5:00 p.m.
Friday: 8:00 a.m. until 12:00 p.m.

The Café is a safe place where families help families build Protective Factors through healthy relationships, dialogue and resource sharing to improve the quality of life for our families.