



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
July 2015 Newsletter

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| <p>BUNNELL CAFÉ DIALOGUE 2nd Friday of Every Month</p> <ul style="list-style-type: none"> Date: Friday, July 10, 2015 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. | <p align="center">THE HEALTHY START FAMILY PLACE Available to ALL FAMILIES</p> <p>Location: Deltona City Hall 2345 Providence Boulevard Room 151 Deltona, Florida 32725</p> <p>Days of Operation:</p> <p>Open: Every Friday from 9:00 a.m.—4:00 p.m.</p> <p>Services Provided:</p> <ul style="list-style-type: none"> Computers with link to Department of Children and Families (DCF) ACCESS System which allows you to create and track applications for: 1) Food Assistance, 2) Temporary Cash Assistance, 3) Medicaid, 4) Emergency Medical Assistance. Linkages to Community Resources. Coordination with other Community Providers: Daytona State College, Health Department, Early Learning Coalition, DCF, Healthy Start, Healthy Kids, Career Source, and The House Next Door. <p>Contact person: Rosha Loach at (386) 252-4277 or at rosha.loach@healthystartfv.org.</p> <p>Contact us for Café hosting training.</p> | <p>WeTime—for Birth Parents</p> <p>⇒ 7 weeks every Tuesday 2-4:30p @ the Family Place aka the PYRAMID Community Café</p> <p>⇒ Class begins on 7/14/15 and ends on 8/25/15</p> <p>⇒ We provide snacks and beverage and a certificate of completion</p> <p>Week 1: What are Protective Factors;</p> <p>Week 2: Looking at US;</p> <p>Week 3: Positive Energy;</p> <p>Week 4: Caring for You;</p> <p>Week 5: A Strong Parent;</p> <p>Week 6: Relationships with Your Kids;</p> <p>Week 7: Bringing it All TOGETHER</p> |
| <p>PYRAMID COMMUNITY DAYTONA CAFÉ DIALOGUE</p> <ul style="list-style-type: none"> Date: Friday, July 17, 2015 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. | | |

WeTime—Parenting Group for ALL CPC & DCF Involved Parents

WeTime was created to support birth parents who have active case plans with CPC. We make learning new parenting skills fun, interactive and meaningful. Through the “Living the Protective Factors” course, we add to the knowledge you’ve gained as a parent. Our course is evidence-informed and proven to increase adult skills that promote AWESOME parenting. Together we RISE to REUNIFICATION!!!

“Our purpose is to improve relationships with ourselves in order to build a healthy one with our children”



Family Engagement, and the Protective Factors and Café

IN THE MOMENT OF CRISIS, THE WISE BUILD BRIDGES AND THE FOOLISH BUILD DAMS.
~ NIGERIAN PROVERB

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 Parental Resiliency

Resiliency is the ability to recover from or adjust easily to adversity or change. The Café is a safe place where families can connect and begin to build strong trusting relationship with each other and to learn how to become more resilient. For parent tips on fostering resiliency in children, click on the link <http://www.apa.org/topics/parenting/tip-tool-brochure.pdf>

Hours of Operation:

Monday: 9:00 a.m.—4:00 p.m.

Wednesday: 9:00 a.m.—4:00 p.m.

Friday: 9:00 a.m.—4:00 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.



Healthy Start

Coalition of Flagler & Volusia Counties, Inc.

Strengthening Our Future