Parent Café Continued:

Thank you to all of the community members who joined us and contributed their voices, experiences, and wisdom. We look forward to continuing to create spaces that foster connection, strengthen families, and promote wellness throughout our community.

As part of the Parent Café evaluation process, participants were invited to reflect on their experience by choosing one word that represented what the experience meant to them and explaining why they chose that word. The responses highlighted the impact of creating a safe, supportive space where community members could connect, learn from one another, and feel understood.

Examples of participant reflections include:

- "Aprendizaje" (Learning) "Porque diario se aprende de los demás." (Because every day we learn from others.)
- "Comprensión" (Understanding) "Es importante comprender a los demás, también sentirse comprendido." (It is important to understand others and also feel understood.)
- "Agradable" (Pleasant) "Porque estuve muy a gusto conversando con mis compañeras." (Because I felt very comfortable talking with my peers.)
- "Gratitud" (Gratitude) "Agradecer de mis compañeros y lo que compartieron conmigo." (Being grateful for my peers and what they shared with me.)
- "Satisfactoria" (Satisfactory/Fulfilling) "Porque aprendí nuevos temas." (Because I learned new topics.)

