



Family Hui.®

A Program of Lead4Tomorrow





It takes a Hui to raise a child.



Hui (hoo' ee) is a Hawaiian term for people working together for a shared purpose.



Family Hui's shared purpose is healthy families and communities. Family Hui parent/caregiver groups focus on learning about early childhood development and on developing empathy for oneself and one's children, family, and community.



Family Hui is an evidence-informed and externally evaluated program that honors the wisdom of the shelf and the wisdom of the self.

## **MISSION & VISION**

Our mission is to develop sound families, thriving communities, and a more peaceful world.

The Family Hui program does this through peer-led parenting groups offering support, encouragement and empowerment for parents and caregivers as they face the joys and challenges of raising children.

**Family Hui is a 12 Week program. During the 12 weeks, it is our hope parents/caregivers will ....**

1. Know themselves better
2. Understand early childhood development better
3. Know their children better
4. Develop lasting friendships



## PROGRAM PROVIDES

- **Positive parenting peer groups** with trained peer facilitators
- ***Bloom***, our participant notebook/curriculum
- **Developmental screenings** in partnership with local agencies
- An **ACEs informed, resilience focused** program
- A **community** of support
- **Information** about local parenting resources and agencies



## Why having a hui matters ...

“Research suggests that safe, stable, nurturing relationships between parents and other adults, in addition to those positive relationships between parents and their children, may help prevent child maltreatment from one generation to the next.”



## Safe, Stable, Nurturing Relationships (SSNRs)

● **Safety, stability, and nurturing** are three critical qualities of relationships that make a difference for children as they grow and develop

(CDC's Essentials for Childhood )

- **Safety:** free from fear and secure from physical or psychological harm
- **Stability:** predictability and consistency
- **Nurturing:** parent or caregiver is available and able to sensitively and consistently respond to and meet the needs of their child.



# Benefits of SSNRs

Adults who are more socially connected have...

- Increased mental health
- Decreased loneliness
- Lower rates of anxiety and depression
- Higher self-esteem
- More empathy
- More trusting and cooperative
- Greater resilience
- Increased physical health<sup>1</sup>
- Stronger immune systems
- Longer life





# How Our Program Works





**Join a Group:** Family Hui works with partner agencies to identify potential leaders and recruits families collaboratively with leaders and partner agencies.



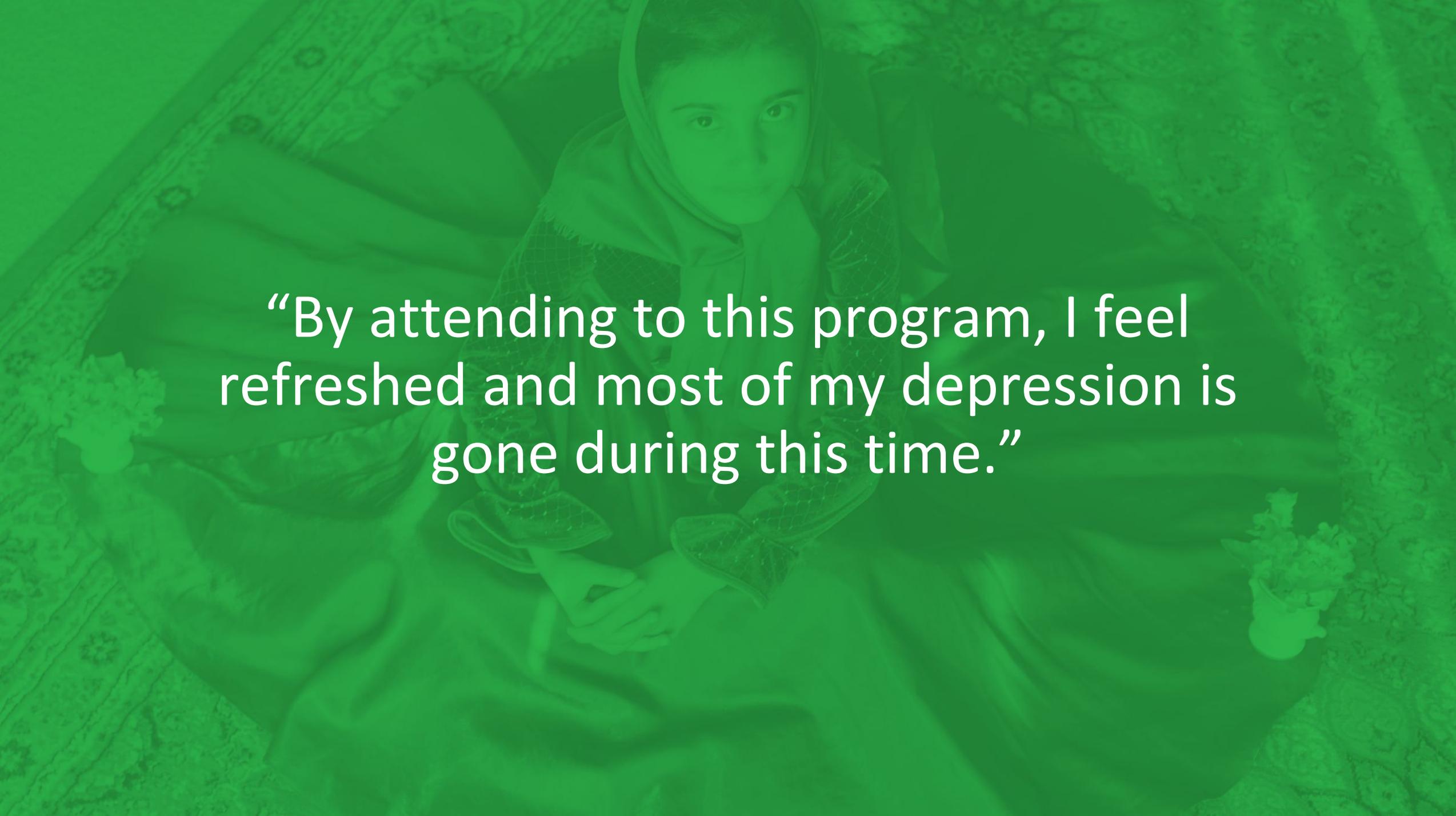
**Share and Learn:** Families take part in the 12-week peer led, mindful parenting Hui.



**Build Community:** New members connect with other families and make friends. Participants discuss weekly topics, participate in art activities and share life experiences.



**Grow With Your Hui:** Many parents continue participating in Family Hui, and some train to become group leaders; participants frequently volunteer to reach out to other families to join a Hui and expand their own network of support.



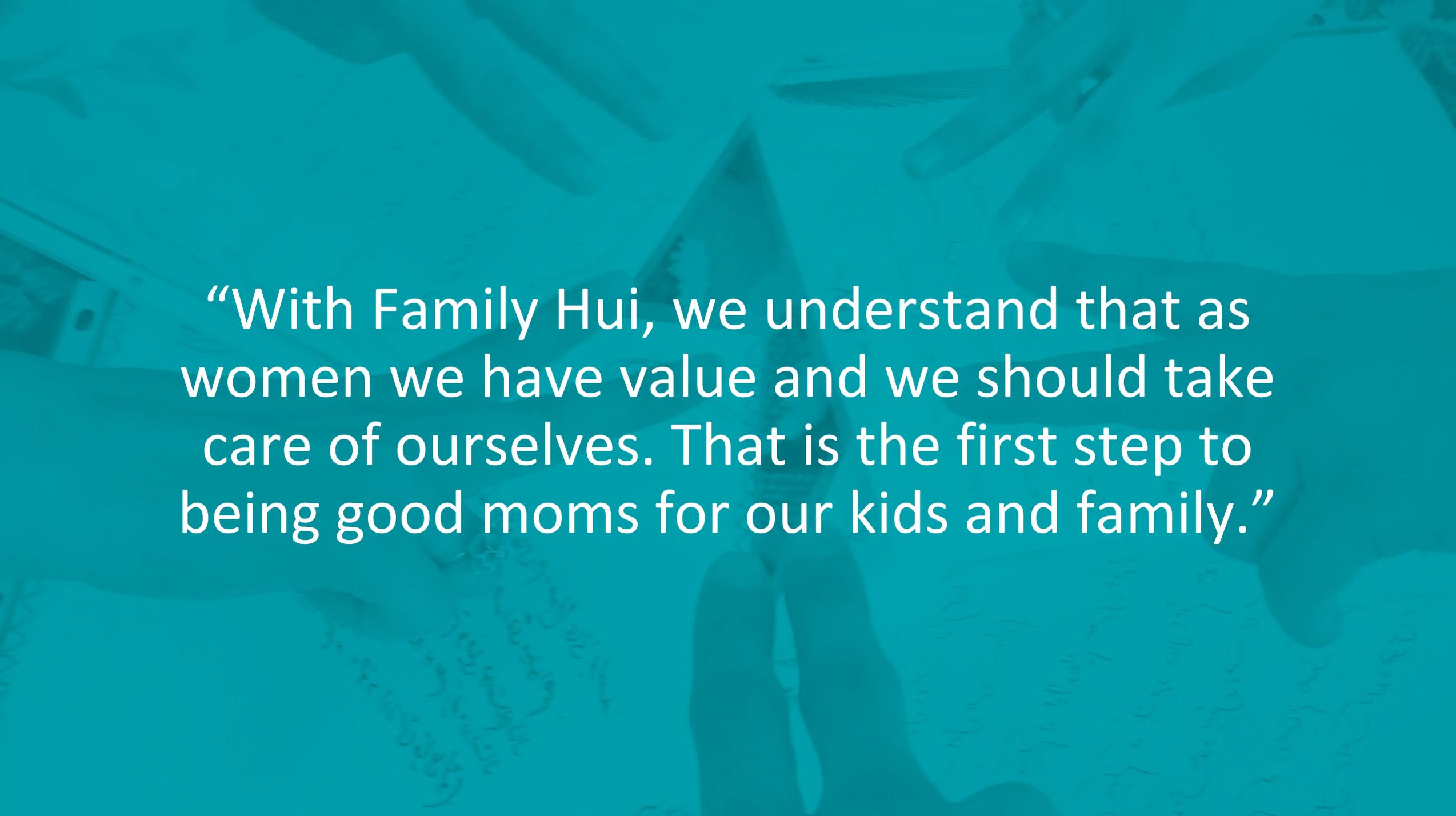
“By attending to this program, I feel refreshed and most of my depression is gone during this time.”



“The Family Hui helps us raise our kids in a positive and peaceful way.”



“The program was really good and suitable for me, when I really needed it and was alone, now I have more than one friend.”



“With Family Hui, we understand that as women we have value and we should take care of ourselves. That is the first step to being good moms for our kids and family.”



“The Family Hui helps us make friends in our community and connect with other families.”

A photograph of a woman with dark hair, smiling warmly as she holds a baby. The baby is wearing a light-colored, knitted hat with a bow and a light-colored zip-up jacket. The entire image is overlaid with a semi-transparent orange filter. The text is centered in white, sans-serif font.

“The Family Hui helps me face life challenges and think positively.”



Let's Get Started!



“Family Hui is by far the most respectful, parent centered, relational model.”

**Karen Pautz, Executive Director  
First 5 Siskiyou Children &  
Families Commission**



Family Hui

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