



Collaborative Action *for* Family Engagement

Learning at Home



Subiyanto, Pexels

Photo by Ketut

Happy February!

This month we honor Black History Month and celebrate the remarkable contributions of Black leaders past and present. Read on for practical resources and strategies to enhance family engagement and support learning at home.

What is CAFE?

Collaborative Action for Family Engagement (CAFE) is a program at MAEC serving

Maryland and Pennsylvania. We engage in high-impact, culturally responsive family engagement. By building partnerships among schools, families, and community organizations, we improve all students' development and academic achievement.

Resources for Families

You Are an Advocate!



Productions, Pexels

Photo by Kampus

You are your child's best advocate. Need strategies to help you along the way? Check out the resources below.

[**Black History Month Resources**](#) (webpage)

MAEC

This Black History Month, we honor the rich histories, cultures, and contributions of

Black Americans. Join us in exploring a diverse range of perspectives that shed light on the experiences and stories of Black Americans. Our resource list, featuring lesson plans and movie recommendations, is a great starting point to broaden your understanding and awareness.

[Corner CAFE Podcast Episode #103: Jenny Portillo-Nacu](#) (podcast)

CAFE

In this episode of the Corner CAFE Podcast, discover strategies for helping families learn how to support Emergent Bilingual and Multilingual Learner communities and strategies for learning at home.

[Family Advocacy Resources](#) (webpage)

Maryland State Department of Education (MSDE) Division of Early Intervention and Special Education Services (DEI/SES)

These resources provide information to families, care providers and community members who want to advocate for children and youth with disabilities and their families.

[PEAL Center](#) (website)

Parent Education & Advocacy Leadership (PEAL) Center

The PEAL Center helps families and individuals with disabilities and special health care needs using a variety of strategies across PEAL Projects. PEAL offers services in six key areas: outreach, individual assistance, resources, trainings (youth and families), leadership development (youth and families), and partnerships.

[Tips for Families: You Are a Leader](#) (webpage with PDF)

Head Start

Enhance advocacy and leadership skills, learn from research, and find examples of parents who used their advocacy and leadership skills to change their communities.

[We're Glad You Asked](#) (PDF)

Community Organizing and Family Issues (COFI)

How do we get parents to the table? What does it take to engage them? Will parents support our issues? How can the participation be real? Learn the nitty gritty on how to find and recruit parents, to welcome their leadership into your efforts, and to build a fruitful and powerful alliance.

Financial Literacy is a Family Matter



Photo by Werner

Pfennig, Pexels

Parents are their children's first teachers, and when kids learn financial literacy from a young age, they are more likely to make wise financial decisions as they grow up. By using the resources below, families can build a strong financial foundation and learn how to teach their children about this important life skill.

[Credit & Money Management](#) (webpage with downloadable resources)

My Life - Maryland Department of Human Services

Are you interested in learning new ways to save money? Do you want to learn more about credit? The Credit & Money Management services will help you discover the tools you need to become financially empowered.

[Financial Empowerment Centers](#) (webpage)

City of Philadelphia, PA

Financial Empowerment Centers (FEC) offer free, personalized, and confidential financial counseling to individuals with low income, covering various topics such as money management, credit, debt, investments, homeownership, and more, with appointments available in English and Spanish.

[Financial Empowerment Center Workshops and Events](#) (virtual events)

Prince George's Community College, MD

Financial Workshops are provided addressing a variety of financial topics such as Money Management, Banking Basics, Rebuilding Credit, and much more. Workshops are presented virtually

[Financial Literacy for Youngsters](#) (in-person event, Waldorf, MD)

Charles County Public Library

Join the CCPL on Tuesday, April 2, 5:30-6:30pm. Where does money come from? What's the difference between paper money and coins? Take part in a fun game to “earn” money for a surprise at the end. This program is recommended for children aged 5-8. Registration is required and opens March 5, 2024.

Mindfulness Corner



Photo by August de

Richelieu, Pexels

Mindfulness practices can be helpful for families and children to reduce stress and anxiety, improve focus and emotions, and promote better sleep and well-being. The

resources below can support your mindfulness journey whether you're new to mindfulness or looking for additional resources.

[**Pennsylvania Mental Health & Wellness Conference**](#) (in-person conference, Harrisburg, PA)

National Alliance of Mental Illness (NAMI) Keystone Pennsylvania

NAMI Keystone PA's 2024 Pennsylvania Mental Health and Wellness Conference will take place May 14-15. The event is an opportunity for peers, caregivers, advocates, and mental health professionals to experience a one-of-a-kind conference that will provide a platform to learn, share, and network.

[**Mindful Breathing Options**](#) (PDF)

Mindful Schools

This resource offers a variety of mindful breathing techniques designed for children and youth to practice and promote relaxation and focus.

[**Mindful Connections™ for Black Parents**](#) (in-person training, Pittsburg, PA)

Awaken Pittsburgh, Homewood Children's Village, University of Pittsburgh Center on Race and Social Problems

Awaken Pittsburgh has partnered with the Homewood Children's Village and the University of Pittsburgh's Center on Race and Social Problems to offer mindfulness training to nonprofit professionals, parents, and educators in Homewood.

Note: Enrollment is full, to join a future group contact Raymond Robinson at the Homewood Children's Village at rrobinson@hcvpgh.org.

CAFE Newsletter Survey



We want to hear from you!

Please take a moment to fill out our quick 5-minute survey to help us improve future editions of Learning at Home. Your email will not be attached to the survey to ensure your privacy.

Thank you for your participation!

[**Complete Survey**](#)

Are you on X? Follow [@CAFE_MAEC](#) for the latest CAFE news!



MAEC's [Collaborative Action for Family Engagement](#) (CAFE) program is funded by the US Department of Education under Title IV, part E of the Elementary and Secondary Education Act of 1965 (ESEA). CAFE is one of twelve statewide family engagement centers.

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