



# It Takes a Village - Join our FREE Parenting Programs

Family Hui knows the importance of staying connected throughout the many seasons of our parenting journeys. Hui facilitates parents and keiki in making life-long friends and developing informed parenting strategies.

Hui groups usually meet at parks, beaches and homes with their children. Parents share their current challenges and joys while keiki socialize, play and learn from each other: intentional playdates.

Almost all Hui participants tell us they experience a sense of isolation during their parenting journey. Whether we have family or a network of friends with or without children close by; whether we are single moms or dads or grandparents or aunties trying to do it all on our own; or whether our partner is unavailable physically and/or emotionally, we all need support.

And support from someone who understands what you are going through is the best kind of support (peer-led). Every Family Hui session opens with a Moment of Empathy. Sharing like this, in a safe, nurturing environment allows parents to connect quickly and deeply and an intimate bond is forged. As our 30 years+ Hui alumnae tell us, “We made Hui friends for life, both the adults and kids. We are ‘ohana. We are still each other’s go-to person for a listening ear to process things.”

The global pandemic is isolating families even more. Yet, social-emotional development is critical in the early years, so choose from a **Zoom Online Hui** or any of these groups to reconnect to your tribe:



**Hui Bubbles:** peer-led weekly meet ups with 2-3 families maximum, covering 10 parenting topics through a Covid-informed lens with social distancing measures in place.

**Parent Cafés:** These in-depth virtual conversations focus on your specific challenges, providing a deeper connection about what’s most important to your family life, work-life balance and mental health right now.

*“To me, there’s something very powerful about being in community. When I’m isolated, I can doubt myself. Parent Café has been an opportunity to share about some of my most challenging and joyful parenting experiences while in community with other parents. The experience has enriched me to better handle my present parenting task with more courage, hope and skills.” - Lori E.*



**LENA Early Literacy Programs:** with the aid of dedicated devices (word pedometers), Hui shows parents how to integrate pre-literacy skills into their everyday routines and provides social connections by meeting together with an intimate group.

**Personalized Texting Program:** receive Online Hui physical and Social/Emotional developmental expertise about your child.

Go to [www.familyhuihawaii.org](http://www.familyhuihawaii.org) to join any of our programs. ‘Like’ Family Hui Hawaii on Facebook or follow us on Instagram for updates and daily activities.

**Call or text (808) 230-7112**