

Project Description: Activating Families for a Healthier Future

Change Today, Change Tomorrow is proud to introduce "Tribe Time," a transformative monthly parent gathering and resource exchange initiative that is poised to make a significant impact in the Louisville community. This program is made possible through the generous support of the Louisville Metro Healthy Babies grant.

Program Overview:

Tribe Time is a monthly event designed to create a sense of belonging and empowerment among parents and caregivers in the Louisville community. Each gathering serves as a vibrant platform for building connections, sharing resources, and fostering a supportive network for families. With a commitment to promoting community wellness, Tribe Time goes beyond mere empowerment; it activates families, propelling them into a future of improved health and well-being.

Key Activities:

- **Resource Sharing:** At each Tribe Time, we facilitate the exchange of vital resources and items that can make a real difference in the lives of our attendees. We aim to connect each person with three essential resources or items to address their unique needs.
- **Hot Meals:** We provide a warm, nutritious meal, ensuring that families have access to healthy sustenance during the gathering.
- **Guest Speaker Series:** Tribe Time features experienced speakers who offer valuable insights and knowledge on important topics related to parenting, health, and community engagement.
- **Large Item Giveaway:** To further support our families, we conduct a large item giveaway at each gathering, contributing to the enhancement of their quality of life.

Community Impact:

Tribe Time serves as a catalyst for activating parents and caregivers into various working groups, such as the Community Baby Shower, Youth Safe Suspension Meetings, and Bless the Block. By participating in these initiatives, families become actively engaged in our mission to bridge the life expectancy gap between East and West End residents in Louisville.

Performance Metrics:

Our key performance indicators include:

- The variety of resources and items distributed

- The number of families/households served
- Demographic data, including SNAP/EBT/WIC usage, racial/ethnic composition, and zip code distribution
- Child care assistance provided

Frequency of Evaluation:

We conduct monthly assessments to ensure that our resources and items are meeting the needs of our Tribe Time attendees. This ongoing evaluation allows us to make timely adjustments and enhancements as necessary.

Staffing Needs:

Our dedicated team handles various roles critical to the success of Tribe Time, including community needs assessment, event coordination, volunteer management, and resource inventory management. All team members possess essential skills such as interpersonal communication, organization, critical thinking, and proficiency in Google Workplace.

Training and Development:

Our staff undergoes rigorous training in media relations, trauma-informed care, and conflict resolution, ensuring that they are well-prepared to address the unique challenges our families may face. We believe in building a strong foundation for our community, starting with our own team members.

Tribe Time is a vital component of Change Today, Change Tomorrow's commitment to creating a healthier and more equitable future for Louisville residents. By activating families through this innovative program, we are taking meaningful steps toward narrowing disparities and improving the overall well-being of our community. We invite funders and grantors to join us in this transformative journey toward a brighter and more inclusive tomorrow. Together, we can make a lasting impact on the lives of Louisville families.