Discover how empathy is an important resource that serves as a buffer between family stressors and crisis. Even though all families face stressors, newcomers experience unique challenges. We postulate that empathy is a resource that receiving communities can develop so that newcomers can more successfully acculturate.

- Identify unique challenges that newcomers experience.
- Discover how empathy is an important resource that serves as a buffer between family stressors and crisis.
- Learn empathy skills to help effectively receive newcomers to our community.
Story of Acculturation

Ale tells her story about buying flour

Empathy as a Community Resource

Presenters:
Carol Mertensmeyer
Alejandra Gudino
Roodhouse, Megan Elizabeth,
Etc.

Bronfenbrenner Ecological Model

Levels of Support

Parent-Child Dyad

Extended Family
Community
And Beyond
Extended Family
Community
And Beyond

Levels of Support

Partner Support

Universal Stressors

Examples:
- Poverty
- No Child Care
- Lack of Meaningful Employment
- Work-Family Conflicts
- No Transportation
- No Health Care

Newcomers' Stressors
1. Language Barriers
2. Work Related Stress (Lack of Employer Understanding & Empathy)
3. Social/Cultural Environmental Stress (Cuellar 2002)
   Perceiving oneself as a target or victim of discrimination by members of the dominant group
4. Separation from Supports
5. Migratory Journey Stress (physical environment)
6. Social/Cultural Environmental Stress (Cuellar 2002)
   Perceiving oneself as a target or victim of discrimination by members of the dominant group

Newcomers’ Stressors
(as Observed in Intro Activity)

Additional Newcomers’ Stressors

Newcomers’ Stressors Handout

Family Stress Theory
Family Stress Theory

Stressor → Crisis
Resources

Stressor Spillover
WORKPLACE
HOME

Resources Can Buffer
Stressors
EMPATHIC COMMUNITY
the ability to identify with and understand others’ feelings or difficulties
Each of us can take responsibility.
We can begin one by one.
How Do We Create Empathic Communities?

Each of us can take responsibility. We can begin one by one,
• Learn to listen --- really listen --- listen to understand

Presentation by:
Kelly Warzinik

Love’s Cradle is a research-based curriculum designed to teach empathy skills to couples. It is the primary focus of a $5M ACF grant project called Connecting for Children that is a partnership of HDFS Extension (CASPP and ParentLink) and Head Start.
Identified unique challenges that newcomers experience.

Discovered how empathy is an important resource that serves as a buffer between family stressors and crisis.

Learned empathy skills that will help me and others to more effectively receive newcomers to our community.