

Case Study 5

Parent Forum: Millennium School

Millennium School in San Francisco has implemented its Forum peer coaching program with 100+ parents over the past four years as the center-piece of its parent education program.

1. Participants:

40 Parents per year in Monthly Parent Forum Program (40% of families)

2. Meeting Cadence:

Parents experience Parent Forum as part of their annual fall back-to-school event, and then sign up for monthly sessions in groups of 8 parents who then meet online or in person for 90–120 throughout the school year. Cohort participants often stay together for several years.

3. Principal Objectives:

Millennium was seeking a methodology to provide personalized well-being and adolescent parenting skill development for its parents, while aligning their community in a set of core values and shared practices for sustaining Millennium's mission at home and across families.

4. Program Focus:

Each group of Forum participants is moderated by a certified facilitator and Millennium School parent alumni. The sessions address core themes important for both parent self-care and parenting adolescents at home. Parents surface their own real-life challenges for the group to explore and work through together each month.

5. Impact Measurement:

As of May 2025, the group's year-end impact measurement survey reports:

- 88%** stronger authentic relationships with peers
- 88%** reduced feelings of isolation
- 87%** would recommend Forum to colleagues
- 87%** feel more engaged in my role as a parent
- 87%** strengthen my resilience and commitment to my adolescents
- 84%** improves my effectiveness as a parent
- 84%** improves our climate of care at home

6. Select Parent Testimonials:

"What I appreciate most was becoming aware that I am not alone in navigating parenting."

"I most value listening to other parents' thoughts and feelings, realizing we're all working through similar issues, which gives me a broader perspective to see and support my own child."

"I now feel so deeply connected to other parents that I would otherwise never know."