



Prevent Child Abuse Minnesota

When we help children do better today, we all do better tomorrow.

Communities that invest in creating environments for children that support healthy development are providing a foundation for a prosperous and sustainable society. Children need emotionally healthy interactions throughout their childhood – not only from their caregivers but from everyone in their community. As their brains develop, their conceptions of safety and self-worth are woven into their brain's architecture, and this greatly impacts their behavior and mental health in adulthood. If children experience neglect, abuse, or other toxic situations, they can experience problems in learning, behavior, and increased susceptibility to physical and mental illness over time. Prevent Child Abuse Minnesota is in the business of helping communities create these healthy environments for children. We do this through a variety of programs and services.

Programs and Services Available Statewide

Circle of Parents®

- Prevent Child Abuse Minnesota (PCAMN) partners with community organizations and volunteers to offer support groups to parents and children throughout the state. This program, known as Circle of Parents®, is led by trained facilitators and is uniquely parent-driven; parents are empowered to change their own lives.
- Participants meet weekly in a supportive environment to share their frustrations, concerns, and identify and commit to personal goals while being guided by specially trained volunteer facilitators and skilled parent leaders.
- We would like to create more Circle of Parents® groups in your area. Please contact PCAMN to connect with or create a Circle of Parents® group in your community!



1-800-CHILDREN – Information, Support, and Referral

- The 1-800 CHILDREN staff can offer referrals to a variety of community resources and agencies specializing in a variety of areas.
- 1-800 CHILDREN staff can give a caller basic information on child abuse and prevention.
- If a caller suspects child abuse is happening to a child they know, they can call 1-800-CHILDREN for help in learning what steps they can take. PCAMN staff members also assist them in making a call to report abuse.
- PCAMN staff can offer a listening ear and non-judgmental support to callers who would like to talk to someone about the issues that they are dealing with. Call Monday – Friday from 9:00 a.m. to 5:00 p.m.

Statewide Family Support Events and County Resources Listing on the Internet

- The PCAMN website at www.pcamn.org highlights a calendar of events and workshops throughout the state for families and professionals working with families. Send PCAMN an e-mail to add your events to the calendar!
- The PCAMN website also contains a clickable map with county listings of resources available to families and others interested in parenting and child abuse prevention. Let us know if you have resources to add or if you see corrections that need to be made.

Parent Leadership Trainings

Parents in our parenting groups support each other and develop leadership skills that transfer to their Chapters and communities. This effort extends to the governance of our organization in which our Parent Leadership Team serves alongside our Board of Directors. We provide parent leadership training from a strength-based approach to increase family involvement, systems change, parent partnerships, and civic engagement.

Monthly E-News and Prevention Works Newsletter are full of information and ideas to help you connect and do what you can to build strong and emotionally healthy children. Contact PCAMN to join the mailing list or sign-up online at www.pcamn.org.

The Wakanheza Project Workshops – Creating Welcoming Environments for Children, Youth, and Families

A variety of workshops are available for Minnesota Communities. Contact PCAMN to schedule a workshop or learn more.

Our mission is to prevent child abuse and neglect by promoting positive parenting, healthy families, and supportive communities where children are respected and valued.



Prevent Child Abuse Minnesota
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