

QUOTES (cont'd)

“My son has anger issues, and I now feel like talking to him in a positive way instead of using terms like “why can’t you stop doing that?”

“It has given me insight that I can be a better parent. Being able to be an advocate for myself and my child is my right. It’s from having support and getting the right resources.”

“I experienced the feeling of belonging. The support I get keeps my head high, which makes me happy, and when I’m happy my kids are healthier.”

“So many friendships have resulted in this group, in caring for my son, learning how to connect better with him during times of high stress is very helpful.”

“My children get to socialize in a safe environment while I get to talk about how to be a better parent.”

“I’ve gained a much better understanding that it’s not about YOUR understanding, but their perception of your understanding...and yours of theirs.”

“I’ve learned about so many resources. I’ve also made great supportive friends.”

“The groups have helped me be more aware of what my child needs are, and how well I look at myself when it comes to parenting.”

There are support groups all over Minnesota. To check locations, call 651-523-0099 or 1-800-CHILDREN or visit www.pcamn.org. If there is not a group in your community, our staff can help you get one started. Circle of Parents® is a national network of mutual support and self-help programs in partnership with communities. Learn more at www.circleofparents.org.



CIRCLE of PARENTS®
Sharing Ideas. Sharing Support.

Minnesota’s Circle of Parents® mission is to empower parents to create healthy and loving families through positive parenting and mutual self-help.

MCCC’s mission is to empower individuals and communities to stop child abuse and neglect before it starts through awareness, education, support, and leadership for action.

Minnesota Communities Caring for Children (MCCC) is a statewide nonprofit organization that empowers parents and builds the capacity of communities to create environments where all children thrive. Childhood experiences – both positive and negative – have significant impacts on physical, mental, social, and emotional health in adulthood. When fundamentals such as safety and self-worth are woven into a child’s brain architecture, that child is more likely to develop into a healthy adult. On the other hand, a child exposed to violence or neglect is more likely to develop physical and mental health complications. MCCC works with families, communities, and state and local agencies to create opportunities for all children to have healthy childhoods.



MCCC is the Minnesota Chapter of Prevent Child Abuse America and Circle of Parents® National
709 University Avenue West, Suite 141
Saint Paul, Minnesota 55104

651-523-0099 www.pcamn.org 1-800-CHILDREN



CIRCLE of PARENTS®
Sharing Ideas. Sharing Support.

Circle of Parents®



Free community-based support groups for parents, caregivers, and their children.

*Sharing Ideas – Sharing Support
All Across Minnesota.*

PARENTHOOD

Parenthood is one of the most important, rewarding, and challenging responsibilities any of us face. The emotional demands parents experience can be overwhelming. Even when paired with the joys and rewards, parents may feel alone and without support.

PROTECTIVE FACTORS FOR FAMILIES

1. Parental Resilience

A parent's capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from challenges that emerge in every family's life. It means finding ways to solve problems, and knowing how to seek help when necessary.

2. Social Connections

Friends, family members, neighbors, and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Isolated families may need extra help in reaching out to build positive relationships.

3. Concrete Support in Times of Need

Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.

4. Knowledge of Parenting and Child Development

Accurate information about child development and appropriate expectations for children's behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.

PROTECTIVE FACTORS (cont'd)

5. Social and Emotional Competence of Children

A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers.

6. Nurturing and Attachment

When parents and children have strong, warm feelings for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection.

WHAT IS CIRCLE OF PARENTS®?

- Circle of Parents® is a statewide network of parenting support groups that is open to all families throughout Minnesota.
- During free weekly meetings, parents and those in parenting roles come together to talk about common parenting challenges and share strategies for success.
- Participants decide on topics, lead the discussion, and provide support for one another.
- Community resource information that supports healthy family development and a Parent Power newsletter are available to all group members.
- Led by parents with the guidance of a trained group facilitator, all programs are free, confidential, and designed to promote positive parenting.

The groups provide a friendly, mutually supportive co-learning environment led by parents.

It is a place where you can safely discuss with other parents and caregivers the challenges and frustrations involved in raising children. This results in happier parents and healthier children.

SHARED LEADERSHIP AND CO-LEARNING

Parent group leaders are identified within each group. These leaders are trained and supported to become co-facilitators to support an open exchange of ideas, support information, and resources. Shared leadership is expected between facilitator and co-facilitators to fully implement the everyday realities of the protective factors in family's lives. Parent group leaders are involved at all levels of decision-making at the local, state, and national levels of Circle of Parents®.

CHILDREN HAVE THEIR OWN GROUP

While parents meet, children attend their own program, making childcare unnecessary. The children's program encourages nonviolent conflict resolution and social skills and enhances children's self-esteem through fun activities. Children develop friendships while acquiring new skills in a safe environment. The children's programs are also free for children of the adult group.

PARTICIPANTS SAY THEY . . .

- improved their parenting skills
- built better relationships with their children and family
- felt more supported as parents
- handled stress and anger better
- created great friendships

QUOTES FROM OUR PARTICIPANTS

“I now have the power to be the kind of parent I want to be.”