The Minnesota Circle of Parents model is a peer-led, mutual self-help, support group program. At group sessions parents can safely discuss with other parents and caregivers the challenge and success involved in raising children. Implementing a Circle of Parents group increases parent partnership and leadership throughout the community. Support groups also help create and strengthen prevention initiatives and other local family programs and services. These trainings are offered online to help reach a wider range of statewide locations and volunteers where they are. Three dates available per training option. CEUs available.

### Circle of Parents: Introduction Orientation 9:00a.m. to 12:00 noon
This orientation is meant to provide an overview of Circle of Parents to prospective Circle of Parents facilitators and advisory committee members. Using a combination of hands-on activities, discussion, and resources, this training introduces topics including:

- strategic sharing
- prevention education
- cultural communication
- advocacy
- resilience
- trauma-informed care

**December 10, 2019** and **March 10, 2020**
*Registration required: [https://www.eventbrite.com/e/mccc-circle-of-parents-orientation-tickets-68199989003](https://www.eventbrite.com/e/mccc-circle-of-parents-orientation-tickets-68199989003)*

### Circle of Parents: Facilitation Skills 9:00a.m. to 4:00p.m.
Using a combination of hands-on activities, presentation, discussion, resources and stories, this training will give you the basic skills to begin facilitating mutual self-help Circle of Parents groups with confidence. This training builds on the strengths of the past by providing greater opportunity to practice skills, increase knowledge of how groups work and become even more grounded in the values of mutual self-help, shared leadership and family support. Protective factors are supported naturally through co-learning and empowered leadership. It’s perfect for new facilitators and as a refresher course for current facilitators. This training includes basic skills in:

- prevention education
- resilience
- cultural communication
- protective factors
- advocacy
- parent leadership / mentoring

**January 14, 2020** and **May 12, 2020**
*Registration required: [https://www.eventbrite.com/e/mccc-circle-of-parents-facilitation-skills-training-tickets-68206777307](https://www.eventbrite.com/e/mccc-circle-of-parents-facilitation-skills-training-tickets-68206777307)*

### Circle of Parents: Establishing a Children’s Group 9:00a.m. to 4:00p.m.
Children’s groups are an integral part of Circle of Parents programming. The goal of the children’s group is to provide developmentally appropriate, skill building activities that will increase children’s confidence and self-worth while providing fun and enjoyment. Children’s groups provide an additional incentive for parents to attend Circle of Parents meetings by providing a safe, entertaining, and educational place for their children. A children’s group helps children build relationships with one another while their parents or caregivers are meeting in a separate group. Volunteers create many opportunities for children to be nurtured as well as to enhance their self-esteem and further their social skills. Children learn non-violent problem solving through the development of cooperative relationships and practice problem solving and conflict resolution.

**January 28, 2020** and **May 26, 2020**
*Registration required: [https://www.eventbrite.com/e/mccc-circle-of-parents-establishing-a-childrens-group-tickets-68208454323](https://www.eventbrite.com/e/mccc-circle-of-parents-establishing-a-childrens-group-tickets-68208454323)*

Contact Lisa Deputie ldeputie@pcamn.org 651.523.0099 or Barb Sorum at bsorum@pcamn.org 507.383.8842