**Minnesota Circle of Parents**

**2019 Participant Survey Results**

Circle of Parents is a mutual self-help support group program offered to parents statewide. As part of this program, MCCC trains volunteer parent facilitators to lead parent groups (as well as children’s programs) to support and strengthen families. One hundred surveys were received August 2018 - February 2019. Overall, results showed that Circle of Parents effectively creates supportive environments for parents to connect, share, learn, and improve their parenting skills.

When asked if they would recommend Circle of Parents sessions to other parents and/or caregivers, 100% of survey respondents said yes.

As a result of attending parent sessions...

- I am more confident in my parenting skills
- I have gained additional supportive contacts
- I am more aware of local family resources
- I better understand childhood development
- I interact more positively with my child(ren)

Percent of Respondents Reporting Improvement After Attending Circle of Parents

- If there is a crisis, I have others I can talk to: 93%
- I have others who will listen when I need to talk about my problems: 92%
- When I am lonely, there are several people I can talk to: 91%
- In my family, we take time to listen to each other: 91%
- When we argue, my family listens to "both sides of the story": 91%
- My family is able to solve our problems: 90%
- My family pulls together when things are stressful: 89%
- There are many times when I don't know what to do as a parent: 86%
- In my family, we talk about problems: 84%
- I know how to help my child learn: 83%
- I wouldn't know where to go for help if I had trouble making ends meet: 80%
- If I needed help finding a job, I wouldn't know where to go for help: 75%
- I would have no idea where to turn if my family needed food or housing: 74%

*Including community education, mental health, job training, health care, crisis nursery, social services, WIC, ECFE/Head Start, mentoring programs, and food shelves*

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"Before groups I always relied on my mom to discipline my child... but after talking to other parents and going to group I gained more confidence in parenting."

"Every parent needs an outlet."

"I always tell others because it is about building connections and a sense of community."