



Prevent Child Abuse Vermont has been offering Circle of Parents support groups to parents for over thirty years. These groups have made a difference in the lives of thousands of parents and children throughout the state.

“You learn you’re not the only one in this situation. I’m learning how to bring a child up in two different homes and still have good upbringing. Communication between parents is important!”

— Divorced mother of three children



“I didn’t really know what to expect but learned a lot. It helped me be more open. I hope to get my family back together with the common goals of being happy and loving to one another and treating each other with respect and dignity. I have a better understanding of myself.”

— Separated father of two children



“Through your support groups, parents have opportunities to share their experiences, learn from one another and get help from another parent who has been there. Peer support is one of the most effective ways to assist someone who is seeking to change or improve their current situation.”

— Connie Curtin,
Vermont Family Network



CIRCLE of PARENTS®
Sharing Ideas. Sharing Support.



For more information, call

1-800-CHILDREN
(1-800-244-5373)



A program of



Prevent Child Abuse
Vermont

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...because it shouldn't hurt to be a child!



A member of the Green Mountain, Chittenden, Franklin Grand Isle, Rutland, and Windham County United Ways

**WHAT YOU NEED TO
KNOW ABOUT**

*Circle of
Parents®*



**A SUPPORT GROUP
FOR PARENTS**



Prevent Child Abuse
Vermont



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Circle of Parents®

What is Circle of Parents?

Circle of Parents is a self-help support group for parents. Circle of Parents offers parents the opportunity to explore their parenting in a safe and confidential weekly group. Parents come together and share their experiences — challenges and successes. Parents learn they are not alone and they can change the way they raise their children.

Circle of Parents is co-led by professionally trained volunteer(s) and a parent leader, who is also a group member. There are no fees or dues to attend.

While the parents are meeting, their children are cared for by professionally trained volunteers. The children have snacks, play games, are read to, and most of all are nurtured.

Why attend Circle of Parents?

Circle of Parents allows parents to:

- ✦ Learn new parenting ideas
- ✦ Replace old, harmful parenting ways with new, healthy ways
- ✦ Give support to other parents
- ✦ Receive support from other parents
- ✦ Have time with other adults while their children are cared for in a safe, nurturing environment
- ✦ Build friendships

When and where does Circle of Parents meet?

Circle of Parents meets weekly for two hours in communities throughout the state. To find the group closest to you, call 1-800-CHILDREN (1-800-244-5373).

What do parents talk about in Circle of Parents?

Parents come to Circle of Parents with issues such as:

- ✦ Having physically, sexually and/or emotionally abused their children
- ✦ Feeling afraid that they might abuse their children
- ✦ Needing new parenting ideas as their children get older
- ✦ Feeling isolated and alone
- ✦ Raising their children as a single parent
- ✦ Experiencing conflict with their current or former partner or other family member about how to parent their children

Does Circle of Parents take the place of therapy?

Circle of Parents does not take the place of individual or family therapy. It supports parents socially and emotionally so that they are better able to participate in other services. In situations where sexual abuse or substance abuse is an issue, other services are necessary in addition to Circle of Parents.



If you would like to attend Circle of Parents...

Call 1-800-CHILDREN (1-800-244-5373) Monday through Friday between 9AM and 5PM. You will learn more about Circle of Parents and can ask any questions. At this point, you will need to give your first name and phone number so that the Coordinator in your area can call you to tell you more about the specific group closest to you and can invite you to the next meeting.

If you know someone who could benefit from attending Circle of Parents...

Explain what you know about Circle of Parents and give the parent this brochure. Support the parent to call 1-800-CHILDREN (1-800-244-5373) by offering to be there when they call, talking about what it will be like to call, and talking about the fears they may have about attending Circle of Parents. The decision whether to call and to ultimately attend Circle of Parents is up to the parent.

