

# Circle of Parents Support Groups®

### What is Circle of Parents?

Circle of Parents is a self-help support group for parents and caregivers. Circle of Parents offers parents and others in caretaking roles 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 with the challenges of raising 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, children are cared for by professionally trained volunteers. The children have snacks, play games, are read to, and have fun.



**CIRCLE of Parents®**  
*Sharing Ideas. Sharing Support.*



For more information, call  
**1-800-CHILDREN**  
1-800-244-5373

# Parent Education and Support Programs

# Nurturing Parenting Programs®

### What is the Nurturing Parenting Program?

The Nurturing Parenting Program is a curriculum-based parent education program that strengthens the whole family. Families participate in 2½-hour fun and educational sessions that meet weekly for 9-18 weeks, depending on the curriculum being used. At each session, adults and children take part in separate, age-appropriate activities as well as share food and family nurturing time together.

The Nurturing Parenting Program is appropriate for any family that wants to get along better, communicate more, and feel supported. The program provides a unique opportunity for parents, other caregivers, and children to learn together. Families learn wisdom from, each other. The Nurturing Parenting Program is for a variety of families: two-parent, single-parent, same sex, blended, and adoptive, etc.

### Nurturing Parenting Programs

- Prenatal Nurturing Program
- The Nurturing Program for Families with Children Ages 0-5
- The Nurturing Program for Families with Children Ages 5-11
- The Nurturing Program for Parents and Adolescents
- The Nurturing Program for Young Parents and Their Children
- The Nurturing Program for Parents and Their Children with Special Needs and Health Challenges
- The Nurturing Father's Program
- The Nurturing Program for Families in Substance Abuse Treatment and Recovery
- The Nurturing Program for Foster and Adoptive Families



Nurturing Parenting Programs and Circle of Parents are programs of:



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**Nurturing Parenting Programs®**  
A Family Education Program

**Circle of Parents Support Groups®**  
Support Groups for Parents

← [Learn more about Circle of Parents Support Groups](#)

A member of the Green Mountain, Northwest Vermont, Rutland, and Windham County United Ways



[Learn more about Nurturing Parenting Programs](#)

**Why Parenting to Prevent ACEs**

The Adverse Childhood Experiences (ACEs) study and other research has shown that traumatic events and experiences early in life, including child abuse and neglect, have an impact on a child's socio-emotional well-being throughout the lifespan.

One of the things we can do to reduce the impact of traumatic events or prevent them in the first place is to provide trauma-informed education classes and to promote nurturing, resilient families and communities.

Nurturing Parenting Programs do that by providing evidence-based, trauma-informed curricula and services that increase a child's social-emotional development, promote empathy, offer alternatives to corporal punishment, and help create clear roles and boundaries within families.

**Where do Nurturing Parenting Programs meet?**

Nurturing Parenting Programs meet in communities throughout the state and are offered free of charge. We offer programs year-round, although many programs begin in early fall (September-October) or in the winter (January-February). For more information about the Nurturing Parenting Programs offered in your area, call 1-800-CHILDREN (1-800-244-5373) or visit our website ([www.pcavt.org](http://www.pcavt.org)).



**How do families benefit from the Nurturing Parenting Program?**

Parents learn from discussion, activities, and home practice:

- What children think and feel
- What to expect from children at different ages
- How to deal with little frustrations before they become big ones
- How to recognize and deal with children's feelings and needs
- How to recognize and attend to their own feelings and needs

**Children learn through games, songs, art activities, puppet play and discussion to:**

- Control their behavior
- Increase their sense of self-worth
- Understand their strengths and limitations
- Recognize their own feelings and express their needs

**If you know a family who could benefit from attending the Nurturing Parenting Program...**

Explain what you know about the Nurturing Parenting Program and give them this brochure. Support them in calling 1-800-CHILDREN (1-800-244-5373). The decision whether to call and to ultimately attend the Nurturing Parenting Program is up to parents.

**If your organization is interested in hosting a Nurturing Parenting Program...**

Call 1-800-CHILDREN (1-800-244-5373) or 802-229-5724 to speak with the Family Support Manager or the Family Support Coordinator in your area.



**Circle of Parents Support Groups**

Circle of Parents provides a friendly, supportive environment led by parents and other caregivers.

The groups utilize the mutual self-help support model. A trained group facilitator and parent leader facilitate the support groups. Groups meet regularly (weekly, bi-weekly, monthly) and are offered at no cost to any participant.

Circle of Parents is a place where anyone in a parenting role can openly discuss the successes and challenges of raising children. Research shows that participation in Circle of Parents boosts protective factors including better family functioning, emotional supports, and nurturing and attachment. Parents and caregivers learn that they are not alone and that they can change and grow. They learn new parenting ideas, replace old, harmful parenting ways with new healthy ways, and build social connections.

**Why join a Circle of Parents Support Group?**

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 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 about 1½ hours in communities throughout the state. To find the group closest to you, call 1-800-CHILDREN (1-800-244-5373) or email us at [pcavt@pcavt.org](mailto:pcavt@pcavt.org).

**What do parents talk about in Circle of Parents?**

Parents come to Circle of Parents with issues such as:

- Needing new parenting ideas as their children get older
- Feeling isolated and alone
- Raising their children as a single parent
- How to parent children who have been abused
- Experiencing conflict with their current or former partner, or other family member about how to parent their children

**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). The decision whether to call and to ultimately attend Circle of Parents is up to parents.

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