



# CIRCLE of PARENTS®

*Sharing Ideas. Sharing Support.*

## principles of parent support groups

### TRUST RECIPROCITY LEADERSHIP

Circle of Parents® provides a friendly, supportive environment facilitated by trained facilitators, but **led** by parents and other caregivers.

#### What?

Circle of Parents in Recovery is a Peer Support Program designed for parents and caregivers based on an evidence-informed National model addressing all five of the Strengthening Families Protective Factors.

The characteristics of Circle of Parents in Recovery support group include:

- Not therapy or treatment
  - Non-traditional
- Unstructured/No curriculum
  - Non-religious
- Non-judgmental and trauma informed
  - Confidential and a **safe** space
- Culturally responsive
  - Parent-led, parent driven
- Offers a new **positive** social network of support for parents
  - Helps with rebuilding trust in self and others
- Helps parents rebuild their relationship with their children
  - Step down resource after completing mandated classes
- Address **Protective Factors** including Concrete Supports, Knowledge of Parenting and Child Development, Social Emotional Competence of Children, Social Connections, and Parental Resilience

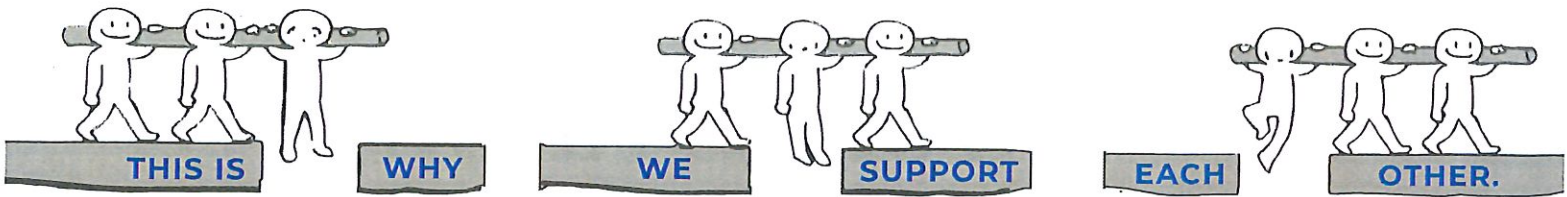
#### Who?

These groups are open to all parents and caregivers of minor children in our community who are working toward sobriety or in recovery from substance abuse. It's important now more than ever for parents to connect with others maintaining their recovery during these stressful times. Children are welcome.

#### How?

By sitting down and really talking. Circle of Parents in Recovery groups meet weekly, are **free** of charge, and foster an **open** exchange of ideas, support, information, and resources.





# Sharing Ideas. Sharing Support.

Parents, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

**WHAT:** Join other parents and caregivers in recovery in our community to share support, tips and advice or just talk. This is a safe space to vent, cry, laugh, joke and find out how other parents are navigating this new world.

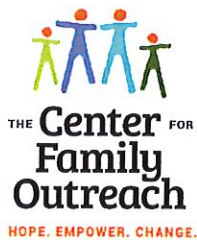


**WHEN:** Tuesdays at 6:15pm

**IN PERSON:** 212 W. Mountain Ave,  
Fort Collins CO 80521  
(Entrance on West side of building)

**VIRTUAL:** Zoom link available. Please contact Julie for more information.

**LEARN MORE:**  
Contact Julie at  
4circleofparents@gmail.com or 970-430-5401



Join Us!  
Visit [CircleOfParentsCO.org](http://CircleOfParentsCO.org)



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. [www.illuminatecolorado.org](http://www.illuminatecolorado.org)