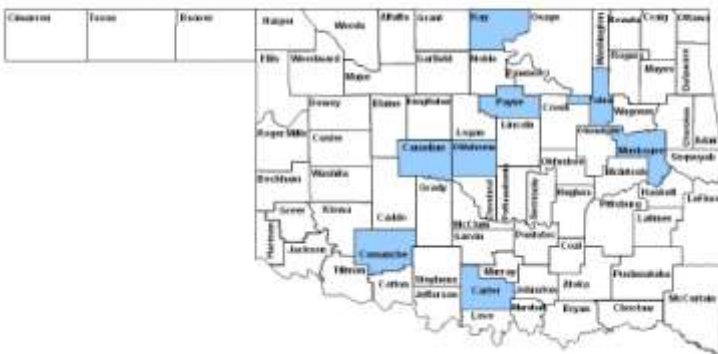


Circle of Parents®

What Is It?

Circle of Parents® is a national network of statewide non-profit organizations and parent leaders that are dedicated to using the mutual self-help support group model as a means of preventing child abuse and neglect and strengthening families. **Circle of Parents®** offers anyone in a parenting role the opportunity to participate in weekly group meetings with other parents to exchange ideas, share information, develop and practice new parenting skills, learn about community resources, and give and receive support. Groups are parent-led with the support of a trained group facilitator, are conducted in a confidential and non-judgmental manner, are free of charge, and provide developmentally-appropriate children's programs or child care concurrent with the parent group meetings.

Where Can I Find A Group?



Oklahoma's Results

- Child Guidance staff have started 10 COP groups since January 2012
- Populations of focus included: parents receiving home visiting services, teen parents, parents of autistic children and single parents
- Topics most requested for COP groups were positive discipline techniques and creating a positive relationship with your child
- At least 85% of respondents attending COP groups found the topics helpful and interesting, felt comfortable attending meetings and as a result of attending felt supported and had people they could turn to for help

94% of Oklahoma respondents indicated they would change their parenting as a result of attending the group



For more information about Circle of Parents® in Oklahoma or other Child Guidance services contact your local county health department or call

(405) 271-4477 <http://cgp.health.ok.gov> or scan

