

What parents say

At Circle of Parents, parents are the experts. Here's what some of us have to say:

"One thing that I love about our group is how people are not judgmental of each other. People come and bring all sorts of stuff, and everyone is open to listen...it's like: how can we help you and what can we do to make things better?"

We laugh and we cry...

"It makes me a better parent...I'm getting reinforcement on what I'm doing."

But it's all good!

"The best thing about the group is that it's so enjoyable I don't want to leave. I feel so exhilarated and confident about being a parent."



THURSDAYS
12:30—2:00 pm
Lincoln HS, Room 2
154 W. Clark St
Jackson, MI 49203
We Meet Every Week
JOIN US!



Contact information:

Linda Tallman, PE Coordinator
Family Service & Children's Aid
330 W. Michigan Avenue
Jackson, MI 49201
Phone: 517-787-7920

Do you need
a place to talk
about parenting?



Prizes! "The important thing is you learn you're not alone. You realize you're having the same problem as someone else."
- Participant

Join Us
Food / Childcare
FREE!

THURSDAYS
Weekly / 12:30—2:00 pm
Lincoln Head Start, 154 W. Clark St, Rm 2

Do you feel frustrated, overwhelmed or alone in your parenting?

Or do you just need to talk?

We all know parenting can be hard.

Kids depend on us, and sometimes it seems like none of us could possibly have enough time, strength or wisdom to give them everything they need.



But help is available—help from other parents who might have a good idea of what you're going through.

We'll listen to you, talk about it, and offer our own ideas and support.



Is a parent support group for you?

Circle of Parents offers free meetings for anyone in a parenting role. Parents lead the group with the help of a trained facilitator.

In group we talk about anything related to raising kids: discipline, school, health, safety.

We meet weekly and keep information shared in the group **confidential**—within the limits of the law.

And, we **never judge** other people's situations or stories.

**We know how it feels...
We're parents, too.**

**THURSDAYS
12:30—2:00 pm
Lincoln Head Start, Room 2
154 W. Clark St., Jackson
Come join us!
It's always meaningful!
It's always FUN!!**

Parent Leadership

At Circle of Parents, parents decide the topics, lead the discussions and are involved in all levels of decision-making.

Circle of Parents encourages the development of parents' leadership skills—not just as parents and group leaders, but in all aspects of their lives.

Children's Programs

We provide childcare — free of charge. This program is a safe place for children to play and interact while their parents are in a group.

Join Us!
Fun for kids, too!



**Free
Food**

