

## Parents may feel...



- Loving
- Supportive
- Valuable
- Fulfilled
- Proud
- Delighted
- Frustrated
- Resentful
- Angry
- Inadequate
- Guilty
- Overwhelmed

## Program Goals

- Strengthen families.
- Support parent involvement and leadership.
- Promote safe, stable and nurturing relationships.
- Allow families to experience a sense of self-worth and self-purpose.
- Provide practical solutions to family issues and concerns.
- Assist families in connecting with resource agencies.

For more information please call

**877-530-5275**  
or visit **kcsl.org**.

## Our Mission



**To protect and promote the well-being of children.**

The Kansas Children's Service League is a statewide not-for-profit agency providing a continuum of programs and services, advocating for children and collaborating with other public and private agencies for increased effectiveness, efficiency and quality. Founded in 1893, our programs touch more than 40,000 children and families each year.



**Kansas Children's Service League**

**877-530-5275 • kcsl.org**



Kansas Children's Service League is the Kansas chapter of Prevent Child Abuse America and Circle of Parents, a Kansas multi-site system of Healthy Families America and a member of the United Way.



**Kansas Children's Service League**



## Circle of Parents®



Kansas Children's Service League (KCSL) offers Circle of Parents® support groups for parents experiencing stress in raising their children and who would like encouragement from other parents.

***The program is free of charge.***

***Information shared in meetings is confidential.***



For more information please call

**877-530-5275**  
**or visit [kcsl.org](http://kcsl.org)**

## How It Works



Circle of Parents® is proven to be effective in strengthening family relationships and improving positive parenting skills. Parents feel less alone, better understand themselves and their children and learn about child development, self control and appropriate ways to deal with anger and crisis situations.

### What happens in the meetings?

The meetings are facilitated by a trained parent volunteer. However, self-help is the guiding force behind the group. Parents listen, share and encourage others who have problems similar to their own. Circle of Parents® offers the support of an "extended family." Support extends beyond the meetings, and parents may exchange phone numbers. If problems arise before the next meeting, they can call someone in the group for support.

## FAQs



### Can I bring my children?

Child care can be provided in some locations. Please contact your local group facilitator for availability.

### How do I join?

Circle of Parents® support groups are located in many communities throughout Kansas. To find a group near you, call KCSL at 877-530-5275 or visit [kcsl.org](http://kcsl.org). KCSL's statewide Parent Helpline 1-800-CHILDREN is also available 24/7 in English and Spanish.

### Can I start my own Circle of Parents® group?

Yes! KCSL will provide assistance with recruiting and training facilitators and child care providers, finding educational resources and providing ongoing support. Groups can be tailored to meet special needs. Contact us if interested in beginning a new group.