

Circle of Parents



Going Through Parenthood Together

We're all only human and we need each other. Parents are 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. Parents and caregivers are invited to share support, tips or advice in a safe space with those in their communities.

As the state chapter for Circle of Parents®, **illuminate Colorado** is focused on growing this national, evidence-informed model creating friendly, supportive communities led by parents and other caregivers throughout Colorado.

“There were no requirements. There were no expectations. It was just a bunch of guys on a call being welcoming...If I had to sum it up in one emotion, it was relief. I'd found a group of people I could confide in, ask for advice, and relax around. Each of them had been in a similar place before, and all had something to add to the conversation.”

- A father from Circle of Parents

Children's Circle

Children's Circle is an integrated program for the children of Circle of Parents participants. Children's Circle sessions are offered concurrent with Circle of Parents sessions to provide a holistic approach to family support and strengthening.

While the Circle of Parents Program builds Protective Factors among parents and caregivers, Children's Circle focuses on strengthening the social emotional competence of children. Through 33 different adaptable lesson plans, the Children's Circle curriculum provides developmentally appropriate skill-building activities that increase children's confidence and self-worth while providing fun and enjoyment.

Support For Everyone

illuminate Colorado supports **44 Circle of Parents groups** in **12 counties** across Colorado.

Caregivers come in all shapes and sizes. Aside from our general groups, there are also groups for:

- Fathers & Male Caregivers
- Spanish Speakers
- Parents in Recovery
- Kinship/Grandparents
- Parents of Children with Special Needs
- Expectant, New & Expanding Families

