



FOR IMMEDIATE RELEASE

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Circle of Parents Support Group Begins at Family Central

Are you a parent or caregiver to a child between the ages of birth to five? Do you find yourself stressed with your children? Are you ever unsure if you are making the right decisions as a parent? Would you like to talk with other parents and caregivers to see what they have tried? If you answered yes to any of these questions, then Circle of Parents might be for you!

Jefferson, NC- Ashe County Partnership for Children announces the start of a parent support group taking place at Family Central. This support group is open to all parents and caregivers who are residents of Ashe County and who have children ages birth to five.

Circle of Parents is a support group for parents and caregivers to build friendships with other parents and caregivers who share common challenges and experiences in parenting. It is also a place for parents and caregivers to be able to share their successes with one another. The weekly group will be co-led by parents and the parent educator. The group will be an open place for parents and caregivers to share their experiences and find strength in each other.

What can you hope to gain from this group? You can have a feeling of belonging and relief while you learn that you are not alone in the challenges of parenting. You will be able to learn about opportunities and other resources within the community and listen to others as they share their stories. Also you will get a chance to learn how to become an advocate for yourself and others while giving and receiving support.





The best part of this group is that the parents involved make all the decisions about the group, such as where and when to meet and what to discuss. It is a unique support group in that it is also led by parent leaders in the group.

The weekly meetings will take place at Family Central in the Cooperative Playroom on Thursday mornings beginning at 10 am. These meetings will last around an hour and a half, depending on how parents would like the group to run. There will be both a parent and a children's group if parents wish to bring their children. The first meeting will be on January 14, 2010.

Ashe County Partnership for Children is a non-profit organization that provides programs and services for families and children in Ashe County. They fund or directly run various programs such as Smart Start programs to benefit children ages birth through five and their families; domestic violence and sexual assault prevention and awareness services, including shelter services; a family literacy program with transportation, child care and family support; and family support services offering playgroups, parenting support and education.

If you or someone you know needs parenting support, or if you would like more information about this program, please contact Bobbi Lambeth at (336)-982-4311, ext 317. For more information about Ashe County Partnership for Children and their programs, visit www.ashechildren.org, or call (336)-982-4588.

