

ARE YOU A PARENT?

- ✓ Do you try to be the best parent you can be?
- ✓ Do you ever get frustrated?
- ✓ Do you want parenting solutions?

Share your parenting ideas over free pizza dinner. Moms, Dads, Grandparents, Friends ---

EVERYONE IS WELCOME!

Children's program provided.



CIRCLE OF PARENTS is a service of:
RACCAP

Rappahannock Area Council for
Children and Parents

P.O. Box 7402

Fredericksburg, VA 22404

www.raccap.org

(540) 785-6217

**One thing all parents need to
succeed is support!**

Parenting is the most demanding and rewarding challenge you will face in your lifetime. We all want to be good parents, but sometimes feel overwhelmed.

**Get support from other
parents who understand and
can share in the challenges
you face!**



CIRCLEof PARENTS[®]
Sharing Ideas. Sharing Support.

This program is funded by a grant from the Virginia Department of Social Services Community Based Child Abuse Prevention Program.

What is Circle of Parents?

A free local support group of parents who meet together in small groups with trained volunteers to:

- provide support for one another
- find solutions to problems
- share in parent education
- celebrate successes
- refuel after challenges

The parents of Circle of Parents all have one thing in common: a desire to be the best parent they can be.

Groups meet weekly in your
community from 6:30 to 8:00 p.m.

**For more information call:
(540) 785-6217
or
toll free (877) 785-6217**