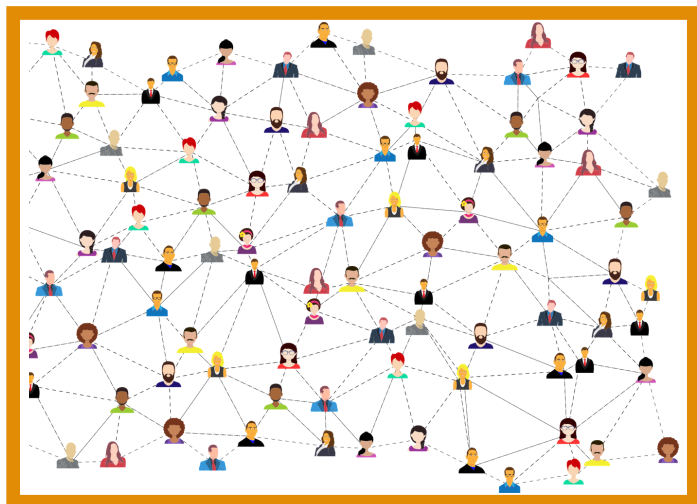


Colorado parents and caregivers: you are not alone

One thing we know during this time of uncertainty and isolation is it's important we support each other. We are all going through this together.



So, let's talk! (and vent, cry, laugh, and...)

- Activities to do at home with children
- How to maintain self-care and self-kindness
- Resources and tips to stay healthy and safe
- How to talk about this with your children
- ...whatever you want to talk about!

Join us and connect with parents and caregivers all around Colorado to share support, tips, and advice so we are not alone in figuring out how to make this new reality work for our families.

Circle of Parents (for all parents and caregivers):

Tuesdays at 10am and Thursdays at 7pm

Online: <https://zoom.us/j/926760054>

Phone: +1 346-248-7799; Access code: 926 760 054#

For more information: <https://www.circleofparentscolorado.org/general>

Circle of Parents in Recovery:

Wednesdays at 9:30am and Fridays at 7pm

Online: <https://zoom.us/j/888690220>

Phone: +1 346-248-7799; Access code: 888 690 220#

For more information: <https://www.circleofparentscolorado.org/recovery>

Circulo de Padres (para todos los padres y tutores):

Lunes a las 9:30am y Miércoles a las 6:30pm

En línea: <https://zoom.us/j/852175538>

Teléfono: +1 346-248-7799; Código de acceso: 852 175 538#

Para más información: <https://www.circleofparentscolorado.org/circulo-de-padres>

Circle of Parents® groups offer a safe, friendly, confidential, non-judgmental, supportive environment to share with and learn from other parents. It's a place where anyone in a parenting role can openly celebrate success, address challenges, find information and resources to support raising children.

To learn more, check out our website at
www.circleofparentscolorado.org

