



PARENT SUPPORT CIRCLES

A SUPPORTIVE SERVICE FOR PARENTS DURING THE COVID 19 HEALTH CRISIS

What Is This About?

As a result of COVID-19, adults with school-aged children have been asked to provide a great deal of support to students. A common request from parents is to increase their support network during this challenging time.

What Are Support Circles?

A support circle is a safe environment in which parents can talk about the stress and worries of the current pandemic situation with other parents. Trained facilitators and periodic guest speakers lead a conversation about relevant topics.

How Do I Join?

Registration for the circle is very important before you attend. You will be given information about the process, what to expect if you join, and rules about privacy. Please call 218-390-1707 or 218-380-4923 to start the registration process.

What Will Happen When I Call?

When you call, you will speak with a volunteer who will ask you for your name, how many children you have, their ages, school district enrollment and contact information. The volunteer will answer your questions, notify you of the support circle schedule, and register you if you decide to join.

What Happens in A Support Circle?

All support circles follow a similar plan with each parent saying who they are, how they are doing and how their week has been with their school-aged child(ren). Participants problem-solve, share resources, offer tips & hints, and learn from experts in the field who participate periodically to share advice.

How and When Do We Meet?

All meetings are held virtually using Zoom. Meetings are scheduled two times per month. You will be provided a schedule at the time of registration.



Your School District

For more information about this opportunity you may contact your local school district.

Benefits

- Increase connections with other parents.
- Raise awareness of community and school resources.
- Increase home-school teaching skills.

We Look Forward to Meeting You!

Investing in Family Engagement

This service is provided by residents in your community trained in group facilitation to create a network of mutual support, relational learning, and community support. This service is supported through seed money from the MN Dept. of Education, and support from Mickelson Consulting & River Bottom Resources.

PARENT SUPPORT CIRCLES - PROTOCOL

This page for school use only

- **Contact Information for Parent Circle Process:** Lead Circle Keepers – Candy Adamczak 218-380-4923 (cma4509@gmail.com) & Laraine Mickelson 218-390-1707 (laraine@mickelsonconsulting.org)
- Parents can register by calling Candy at 218-380-4923 or Laraine at 218-390-1707. Parents will be asked to provide their contact information and school affiliation. We will then call the school to verify their information. (We don't want people signing up that don't have a child enrolled in school.)
- Support circles are facilitated by trained circle keepers in our community.
- We want to support as many school districts as possible.
- If your school is participating, please assign a contact person. Candy and Laraine will coordinate services with that person.
- This is not a gripe session to bash schools, teachers, admin... but a time to share and vent in a healthy way.
- We expect privacy – nothing is shared outside of circle however mandated reporting policy applies.
- Guest speakers will join periodically based on need of the group.
- Zoom will be used as our meeting platform. All participants will receive a link prior to each meeting.
- Circles will be 1.5 hrs. in length.
- We must limit our circles to 20 participants. We will increase our facilitator pool based on need.
- If your school wants to utilize your trained circle keepers to meet your school needs, please contact me. This is a great way to connect and build relationships inside your school community.
- Our pool of circle keepers will meet one time per month to share experiences so we can support each other.