



**Parent education does not often address the unique needs of recovering parents in a way that is respectful and supportive. Parent Trust groups address immediate needs in a responsive way, building on what you already know. We do this by using the following important concepts and components:**

#### **CONCEPTS**

**Mutual Help:** Parents take the lead in achieving personal and family growth, and in the development and coordination of the group and its activities. Group members and leaders provide each other with an opportunity for mutual learning and individual growth in a caring environment.

**Ownership:** Parents “own” the group and are primarily responsible for its weekly content.

**Caring:** Group members create an atmosphere of belonging and acceptance in which healthy family interactions are modeled.

**Safety:** Groups operate on the premise that physically and emotionally violent interactions are not acceptable or condoned, either among family members or group members.

#### **PROGRAM COMPONENTS**

**Facilitator:** Groups must have an individual who is a facilitator and a resource person. The facilitator will be trained in mutual-help group process and the dynamics of child abuse and neglect. All facilitators are trained through the Parent Trust for Washington Children office.

**Weekly Meeting:** Groups meet weekly in a designated place, at a designated time, and in a location which is free of stigma and acceptable to the parents and sponsor.