



Military Parents & Caregivers Parents Care + Share Support Group

Military Families Need the Availability of a Parent Support Group.

The stresses of military life increase the risk for child abuse and neglect among military families. Some of the stressors that put families at risk are

- Frequent and extended separations,
- Living great distances from family and friends,
- Lack of familiarity with community resources,
- Frequent moves and readjustments,
- Reintegration into community and civilian life.

During deployment at-home parents and caregivers may feel overburdened because of increased daily tasks, worry about their service member's safety, or coping with loneliness. Children may experience adjustment problems such as increased anxiety, acting out and poor academic performance. The risks for child abuse and neglect are increased during every phase of the deployment process as well as reintegration into civilian life.

What is Parents Care + Share?

Parents Care + Share is a program of Children's Home + Aid. The mission of Parents Care + Share is to strengthen families and prevent child abuse and neglect. There are over 50 Parents Care + Share Support groups in Illinois.

In the *Military Parents & Caregivers Parents Care + Share Support Group* military families connect with other military families and receive support and positive parenting skills. They learn to cope effectively with the stresses of parenting experienced by



their military service. By design, the group is responsive to the immediate needs of its members. Group members determine the issues for discussion at the weekly meetings.

What Does This Group Offer Military Families?

This support group is facilitated by a trained social service professional who keeps the discussions productive and brings resources and community referrals to the group members.

The group provides a free children's program led by trained Children's Program Specialists who provide fun activities for the children while their parents and caregivers are in group. Dinner is provided for everyone. Respite funds are also available for group members in need.

When and Where Does This Group Meet?

The group conveniently meets weekly in northwest suburban Chicago on Tuesdays from 6:00 p.m. to 7:30 p.m. at Alexian Brothers Vet Center in Elk Grove Village, Illinois. Group meetings are open to parents and caregivers affiliated with all service branches including the National Guard, Reserves, Veterans, and those with active duty ties. Everything is free!

For more information contact Carolyn Dixon at 312-513-9650 or email at cdixon@childrenshomeandaid.org.

The *Military Parents & Caregivers Parents Care + Share support group* is offered through a partnership between Children's Home + Aid and Alexian Brothers Vet Center in Elk Grove Village, IL. It is recommended by Chicagoland Military Families, the Marine Corps Coordinating Council of Chicagoland, and Give an Hour.