



children's home + aid

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## Military Parents & Caregivers Parents Care + Share Support Group

### Military Families Need the Availability of a Parent Support Group.

According to the American Association of School Administrators' (AASA) Military Toolkit, nearly 80% of military children attend public schools. The repeated and extended separations and increased hazards of deployment produce stressors in military children's lives. One third of school-age military children show psychosocial behaviors such as being anxious, crying more frequently and acting out. These behaviors can affect academic performance.

The stresses of military life also increase the risk for child abuse and neglect among military families. During deployment at home parents and caregivers have a three to four times greater risk for child abuse and neglect.

Many National Guard, Reservists and Veterans are isolated from one another and the military resources of a base. Children's Home + Aid offers military families help through its Parents Care + Share program. Parents Care + Share helps children by helping their parents and caregivers.

### What is Parents Care + Share?

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. In group, parents learn new protective skills that decrease their risks for child abuse and neglect.

### What Does This Group Offer Military Families?

This support group is facilitated by a social service professional who 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.

Supper is provided for everyone. Respite funds are also available.

### When and Where Does This Group Meet?

The group conveniently meets weekly 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](mailto: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 Chicago Military Families, the Marine Corps Coordinating Council of Chicagoland, Operation Homefront Illinois and Give an Hour.