

Could your family benefit from ESCAPE's Circle of Love?

Have you:

Been given the responsibility of taking care of your relatives' children?

Does your family:

Argue and have disagreements about how these children are to be raised?

Do You:

Need to know how to address parenting issues with the children for whom you are caring?

Need to talk to other people who are experiencing your current situation?

Desire to create a healthy and nurturing family environment for the children in your custody?

If the answer is *yes*

to any of these questions, then ESCAPE's *Circle of Love* class can help end the stress and tension in your home by giving you and your children the tools you'll need to live together in harmony. Contact us at 713-942-9500 for more information.

Call for Program Dates



FOUNDED BY
THE NATIONAL
EXCHANGE CLUBS

ESCAPE Family Resource Center

Founded in 1983 by area chapters of the National Exchange Club, ESCAPE is privately supported through contributions from corporations, foundations, individuals, special events and Exchange Clubs.



ESCAPE Family Resource Center
3210 Eastside
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Circle of Love



ESCAPE
Family Resource Center
Presents

*Classes Designed Especially for
Grandparents and Other Relatives
Raising Their Family's Children*

Circle of Love

The **Circle of Love** is a seven-week, family-focused program designed for:

- Grandparents and relatives who love their children enough to change their world; and
- Children whose world has been confused by the painful absence of their parents

Circle of Love focuses on strengthening the family by providing opportunities for both caregivers and their children. ESCAPE offers evening sessions in Harris County. The program consists of two-hour sessions once a week for seven weeks.



Ever since my family started coming to ESCAPE, my mom and nana don't yell at each other like they used to do. Thank you ESCAPE.

— Jennifer

Circle of Love An Overview

Session 1

My Family Handles Stress

- Stressbusters

Session 2

Understanding Family Behavior

- Linking needs with behavior
- Dealing with feelings

Session 3

How Did I Get this Job?

- Dealing with the adult child
- Learn about the challenges and rewards of kinship care

Session 4

Family Communication

- Parenting styles
- Listening and speaking with your heart
- Practice with reflecting and I-statements

Session 5

My Family Can Count on Me

- Discipline without punishment
- Family meetings
- The family mobile

Session 6

Problem Solving and Safety

- Inappropriate conflict styles
- Steps to problem solving
- Family safety

Session 7

Coping with Substance Abuse by a Parent

- A family plan for sobriety
- Learning to help yourself

ESCAPE's Circle of Love will help you:

Cope with stress and manage anger.

Listen and speak with your heart.

Solve problems without fighting.

Treat one another with respect.

Billy and Danny are all smiles ever since their family found ESCAPE. Now, their uncle, a first-time caregiver, is able to cope with raising the boys in light of their parents' involvement with CPS.



ESCAPE can help your family, too.

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