



## Parenting Groups

**Categories :** [Plan of Safe Care](#)

Parenting Groups meet throughout the state. They are places to ask questions, gain knowledge and connect with other parents. Local parent groups, and parent-child programs, are also great ways to meet other parents and build a circle of support.

In Connecticut, there are groups for expecting parents, new parents and parents of children with special needs. While some groups focus on parent education, others offer parent/child activities. Different groups are available based on the age of your child(ren).

### **TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:**

Search by program name:

- [Co Parenting Workshops](#)
- [Home Based Parenting Education](#)
- [Parent to Parent Network](#)
- [Parenting Education](#)

### **ADDITIONAL RESOURCES**

- [Healthy From Day One](#)

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*SOURCES: 211; Novak Djokovic Foundation; Psychology Today*

*PREPARED BY: 211*

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