

SERVICES

PREGNANCY AND CHILDBIRTH
SUPPORT

INDIVIDUAL HOME VISITS

PARENTING GROUPS WITH
LEARNING ACTIVITIES FOR
YOU AND YOUR BABY

SOBRIETY MAINTENANCE/
RELAPSE PREVENTION SERVICES



DOULA SERVICES
(CHILDBIRTH SUPPORT)

ADVOCACY AND SUPPORT

FAMILY EVENTS

VIDEOTAPING OF YOUR CHILD'S
DEVELOPMENT TO HELP YOU
APPRECIATE YOUR BABY'S CUES

LIGHT MEAL AND A CHANCE TO
BE WITH OTHER PARENTS

A CIRCLE OF WOMEN
315 WEST 26TH STREET
MINNEAPOLIS, MN 55404
612-874-4747
www.acircleofwomen-sobermoms.com



A CIRCLE OF WOMEN



A POSITIVE BRIDGE
TOWARDS
SUCCESSFUL
SOBER PARENTING

CALL FOR SUPPORT:
612-874-4747

www.acircleofwomen-sobermoms.com

JOIN OUR CIRCLE

A Circle of Women is for pregnant and parenting women with children under 2 years of age who have a history of substance use.

WHITTIER NELC
315 WEST 26TH ST
MINNEAPOLIS, MN 55404

(612) 874-4747

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A CIRCLE OF WOMEN
is offered by the
University of Minnesota and
funded by the State of
Minnesota,
Department of Human Services.



WHAT ABOUT THE BABY?

A CIRCLE OF WOMEN
is based on the beliefs that you are
worthy of support and it is never
too late to be a good parent for
yourself and your child.

A CIRCLE OF WOMEN
is a safe place to explore how
drugs and alcohol have affected
your life and your parenting and a
chance to focus on building
healthy relationships.

A CIRCLE OF WOMEN
IS BASED ON
THE STEEP™ PROGRAM.

5 STEPS
TOWARDS
EFFECTIVE
ENJOYABLE
PARENTING

STEEP™

- supporting your healthy pregnancy, childbirth and parenting
- promoting understanding of your baby's development
- recognizing your baby's cues
- creating a safe environment
- strengthening your support network
- building your personal power to make healthy decisions