On behalf of the Rocking Horse program facilitators, we would like to take this opportunity to welcome you as a member of the program. We are thrilled to have you join us!

Rocking Horse Circle of Support has been around since 1991 and designed to reach out to mothers living in rural areas across the state of Vermont. The program will be 10 weeks long with each meeting lasting 2 hours. Childcare will be provided during the session as well as complimentary food/beverage. There are five themes of this curriculum that are interwoven throughout the ten sessions.

The themes are:

» Motherhood - the role and its expectations, problem solving and coping

» Alcohol and other drugs - the effects and consequences for women, children, and families

» Relationships - recognizing and building reliable and stable social supports

» Stress and coping - how to manage stress, juggle demands and make decisions

» Parenting - being a safe, nurturing, and successful parent, coping with the demands of child-raising, strengthening your family

We look forward to getting to know each other and learning and growing with you over the next ten weeks. Please contact your group facilitator if you have any questions.