

# A Safe Space for Parents

## Connecting with a Support Group

Connection truly is a biological necessity, as fundamental as the need for food and shelter. Yet it is deeply ingrained in human nature to avoid reaching out for connection and support – especially when we need it most.

We know that parenting again as a relative caregiver or fostering a child with “big hurts” can be incredibly isolating. The demands pull you away from your normal activities. You may feel judged by friends and family who don’t understand the unique challenges you face. People who haven’t been in your shoes offer well-meaning advice on how you *should* be parenting ...

That’s where a support group of your peers can be a lifeline.

### Reasons We Don’t Reach Out for Support

Seeking out support becomes an insurmountable task when we don’t feel safe doing so. Common fears include:

- Being judged
- Being perceived as incapable of meeting the child’s needs
- Feeling vulnerable
- Admitting our limitations
- Feeling like a burden or a complainer
- Being misunderstood
- Asking for help and being told “no”
- Triggering our own past trauma (e.g., reaching out and having needs dismissed)

### How a Support Group Can Help

Peer support plays a crucial role in creating safety, comfort, and security within a support group. You are connecting with others who:

- Won’t judge
- Understand and/or share your experiences
- Provide emotional validation
- Can collectively help reduce stress, anxiety, and self-doubt
- Can share skills and strategies they’ve used successfully
- Can offer insights
- Can make you feel energized rather than depleted
- Will make you feel less alone
- Can help you build a support network
- Can laugh with you about struggles others wouldn’t understand
- Offer a safe space to process and heal together

In addition to the many benefits mentioned above, a support group also offers you an opportunity to help others through sharing, empathy, and understanding. This is a powerful tool in our own self-care and healing.

To [find a virtual support group or a group near you](#), please see or speak with a Resource Specialist.

1-800-762-8063

[info@wifamilyconnectionscenter.org](mailto:info@wifamilyconnectionscenter.org)