

## Parents Anonymous® Groups

**Parent Groups** reach out to families who are in need of support, guidance, and education in their efforts to parent their children. The program works to build parental competencies and strong family relationships.

**Children and Youth Programs** serve the children of parents who are attending Parent Groups. Parents Anonymous® Children and Youth Programs work to enhance emotional growth and social development of youth.

**Parent Leadership Initiatives:** Parent Leadership occurs when parents gain the knowledge and skills to function in meaningful leadership roles and represent a “parent voice” to help shape the direction of their families, programs and communities.



## Additional Programs we offer:

The Parenting Way®

Parent Leadership Initiatives

Parents as Teachers



Stork's Nest & Family Nest



Promoting Strong and Healthy Families.

Family Directions of Iowa

1211 Vine Street  
Suite 2140  
West Des Moines, IA 50265

Phone: 515-255-9490 or 515-223-5614 En Español  
Fax: 515-279-5163  
E-mail: [info@familydirectionsiowa.org](mailto:info@familydirectionsiowa.org)

Family Directions of Iowa



Parents Anonymous®  
Weekly Support Groups



Tel: 515-255-9490 or 515-223-5614 En Español

## **Weekly Parents Anonymous® Community Groups**

Fort Des Moines Open Bible Church  
1116 Army Post Road  
Parent and Children's Program and Lunch  
*12:30-2:00 PM Mondays*

Grace United Methodist Church  
3700 Cottage Grove  
Parent and Children's Program and Snacks  
*6:00-7:30 PM Mondays*

Little Miracles Children Center  
Hwy 92 Indianola  
Parent and Children's Program and Snacks  
*6:30-8:30 PM Mondays*

Stork's Nest and Family Nest  
115 East Washington, Suite 5  
Winterset, IA 50278  
*6:00-7:00 PM Mondays*

Epworth United Methodist Church  
412 Euclid Avenue  
Parent and Children's Program and Supper  
*5:30-7:00 PM Tuesdays*

Family Directions of Iowa  
1211 Vine St. Suite 2140  
Parents of Teens & Teens Program and Snacks  
*6:30-8:00 PM Wednesdays*

**Contact our office to register for a weekly group:  
515-255-9490 or 515-223-5614 En Español**

There are four guiding principles that are the foundation of Parents Anonymous® Inc. and form the basis of all organizational activities, programs and structures.

- **Meaningful Parent Leadership:** Parents are effective and needed leaders who shape the direction of their families, programs and communities.
- **Effective Mutual Support:** Parents give and receive support from each other thereby creating a strong sense of community, belonging and trust.
- **Successful Shared Leadership:** Parents and professionals build successful partnerships to share responsibility, expertise and leadership to strengthen families and improve services and communities.
- **Long-Term Personal Growth:** Parents, children and youth transform their attitudes, learn new behaviors, and build on their strengths to make long-term positive changes in their lives.

## **Parents Anonymous® Inc.**

As the nation's premier child abuse prevention organization, Parents Anonymous® Inc. is a community of parents, organizations and volunteers committed to:

1. Strengthening Families and Building Strong Communities
2. Achieving Meaningful Parent Leadership and Shared Leadership
3. Leading the Field of Child Abuse and Neglect.

For more information please visit the Parents Anonymous® website at:  
[www.parentsanonymous.org](http://www.parentsanonymous.org).



1211 Vine Street  
Suite 2140  
West Des Moines, IA 50265

Phone: 515-255-9490 or 515-223-5614 En Español  
Fax: 515-279-5163  
E-mail: [info@familydirectionsiowa.org](mailto:info@familydirectionsiowa.org)