



A Path For Growth

Parental Stress Line Callers

"I should have called a long time ago."

"Thank you for listening and the encouragement."

"It really helped to talk to someone. I feel a lot better. Thank you."

Parent Support Group Members

"What helped at first was...someone saying they understood - understood that I loved my children but that I just didn't know what to do."

"I felt totally inadequate as a mother...it took a lot of courage to go to that first meeting. But when I got there, it was amazing to discover a place where parents could talk and get help and understanding instead of criticism."

1-800-632-8188

24 hours a day, 7 days a week

www.parentshelpingparents.org



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Parental Stress Line and
Parent Support Groups
1-800-632-8188
Supporting parents for over 30 years



Whoever said being
a parent was easy?



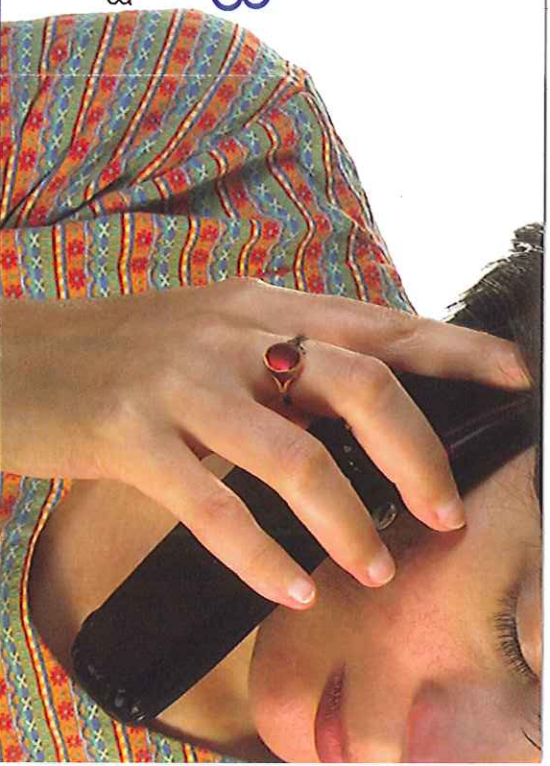
Raising children is hard work. That's why Parents Helping Parents is here. We've been helping parents for over 30 years. No parenting problem is too big or too small to reach out for help.

Parental Stress Line and
Parent Support Groups

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Parental Stress Line

...A Listening Ear

- ▶ Support and compassion
- ▶ Someone to help you plan what to do next
- ▶ Information and resources in your area
- ▶ Available 24 hours a day, 7 days a week

Parents and caregivers with problems related to their children call for support. Trained volunteer counselors who are sympathetic and non-judgmental answer the Parental Stress Line.

Parent Support Groups

...A Supportive Community

- ▶ A caring community co-led by parents and a volunteer facilitator
- ▶ Other parents who understand how you feel
- ▶ Practical feedback and experience

Joining a group is easy. When you call, we will tell you what groups are nearest you, when they meet, and who to contact. Your courage and commitment will improve your family's life.



Our services are **free,**
confidential
and **anonymous.**