

Help for Parents of Acting-Out Youth



HELPING OTHER PARENTS EVERYWHERE

Is a Parent Support Group for You?

It is if you are a parent, grand-parent, guardian or are otherwise responsible for a child who is

- Angry and confrontational with authority
- Withdrawn, depressed and/or self-harming
- Verbally and physically abusive and bullying
- Manipulating, lying, stealing
- Turning to drugs, alcohol, or gangs

A parent support group is for you if you are

- Embarrassed by your child's appearance, foul language and disrespectful behaviour
- Intimidated by your child's displays of rage
- Frightened because you don't know where your child is or what he/she is up to
- Bewildered and angry about your loss of control
- Feeling blamed or judged by others for your child's behaviour
- Feeling guilty or depressed about your child

You need to know you are not alone, and you can break the cycle and improve your family situation.

About HOPE Parent Support

- We are a community based, parent-run organization that provides hope, encouragement, resources and education to parents of acting out youth in a safe, confidential and supportive environment.
- Everyone who comes to a HOPE group is, or has been, a parent or guardian of an acting-out child. So we really do know what it's like to be faced with these challenges, and we have a lot of experience dealing with these issues.
- HOPE groups meet weekly. Information revealed at meetings is confidential. Members then support each other between meetings.
- Support groups help parents learn how to defuse conflicts and build healthy relationships while setting appropriate boundaries.
- HOPE is non-profit, and has no religious, political or agency affiliations. Our only agenda is to help parents find practical and positive ways to improve the family situation.

For details of meeting times and locations, call

**1-866-492-1299 or
905-239-3577**

HOPE: www.helpingotherparentseverywhere.com