

## Parent Group

Come relax for an evening and join our group.

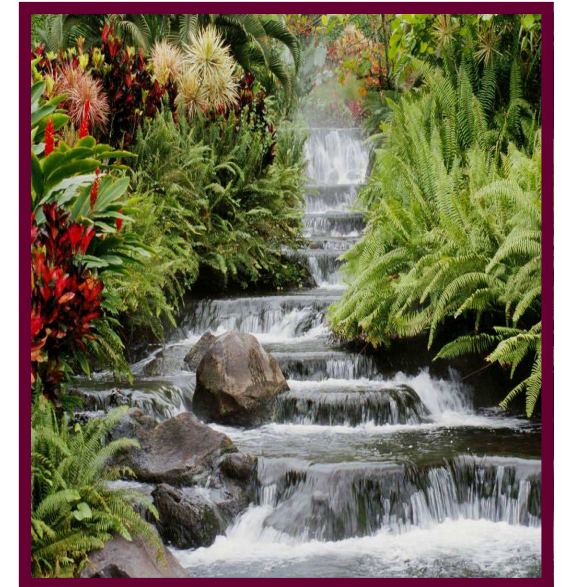
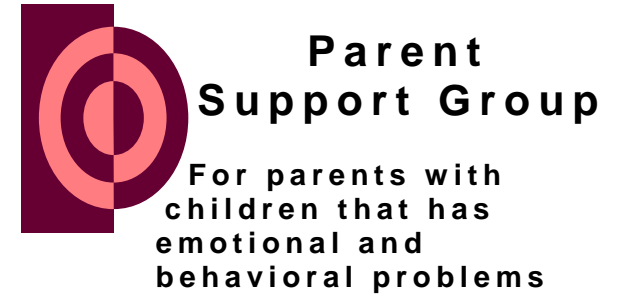


Parents supporting each other through difficult times. This is your time to vent, socialize, learn new parenting techniques and gain advocacy skills.

- Provide on-going support
- Support in time of crisis
- Reinforce positive coping behaviors
- Help focus anger and use its energy in positive ways
- Share information, ideas and resources
- Provide training for parents to increase skills
- Support in dealing with educational, medical and other service agencies
- Give an opportunity to relieve loneliness and form new friendships

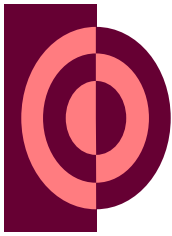
Northern Regional Center for Independent Living  
120 Court Street, Suite 107  
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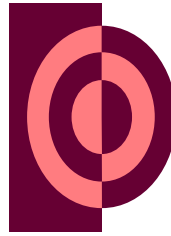
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## Stressed

- Are you the parent of a child with a mental health, developmental or physical disability?
- Are you having behavioral problems with your child?
- Are school issues becoming a hassle?
- Are you stressed and frustrated?



## Parent Group may be for you

**Meetings are held the 1st and 3rd Thursday of every month at:**

**Northern Regional Center for Independent Living**

**210 Court Street, Suite 107**

**Watertown , NY 13601**

**5:00 -6:30 p.m.**

A healthy family trait is recognizing the need for help and seeking it out. Fact is, everyone will at some point need help.



## Overwhelmed

We discuss issues such as:

- Drugs
- Runaways
- Truancy
- Verbal and physical abuse
- Curfew
- Dress codes
- Problem friends
- Messy rooms
- Chores
- School grades



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