



StandUp Parenting

Inc.

A national nonprofit organization dedicated to helping families in crisis

As a parent, do you feel...

- Helpless
- Depressed
- Withdrawn
- Threatened
- Financially drained
- Guilty...?



Is your child ...

- Disrespectful
- Truant
- Destructive
- Abusive
- Using Drugs
- Suspended...?



We Can Help!

Our Family support groups are **PARENTS SUPPORTING PARENTS** of children of all ages, from pre-teens through adults. We offer support for positive changes.

To find a group near you call **888-Parent-9** or visit **www.StandUpParenting.org**



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What you can expect from us ...

Understanding - We are working together on similar issues.

Ideas/Information - Parents offer creative suggestions you may never have considered.

Confidentiality - The group is a safe place to be open and honest.

Support - You no longer have to face each crisis alone.

Encouragement - You will gain courage from hearing the successes shared by others.

Action - We are not just a discussion group.

- We meet weekly for less than two hours.
- We make plans and we take action to make changes.
- We hold each other accountable for completing the actions we set for ourselves.
- We do not condone any form of violence, including verbal, emotional, or physical.
- We do not tell each other what to do.
- Each member decides the best course of action to take.
- Each member offers suggestions and support to other members of the group.
- We offer support & education, not therapy

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