

FOR PARENTS



CONNECT CONFIDE CREATE A NEW PATH ON YOUR PERSONAL JOURNEY OF PARENTING

Parents Helping Parents is for parents. Regardless of where you are from or what your life situation is **you are not alone**. There are parents all around you that are here to support you on your journey of parenting. To empower you to discover a new path to help you move forward in life so you can nurture your children and build a stronger family.

What parents are saying about our groups.

"...it is a nice way to approach parenting topics in sobriety. When I am in the group, I know I am not alone. I am learning coping strategies and have the opportunity to participate in discussions that allow me to deal with painful emotions in a safe place." CT

"...Before my first group I felt anti-social towards expressing my family problems. Today I feel better and more open to talk about certain things" HT

Where: **MALDEN
STOP & SHOP**

99 Charles Street

When: **Monday**

Time: **6:30-7:30pm**

Challenges with Transportation?

Join us **ONLINE!**

When: **Friday's**

Time: **8:30-9:30am**

and **Noon-1:00pm**

Register on our website or
call us at

1.617.926.5008 x108

WHY COME? WHY NOT?

- ♦ Groups are always free & confidential
- ♦ A judgement free zone
- ♦ Receive certificates
- ♦ Learn from other parents
- ♦ Create connections

Need someone to talk to?

Parent Support Line

1.800.632.8188

Or visit our website for group
listings near you



108 Water Street | Watertown, MA 02742

617-926-5008 | info@parentshelpingparents.org

REGISTER FOR ONLINE GROUPS AT WWW.PARENTSHELPINGPARENTS.ORG