

THE ASSOCIATION OF
**PARENT
SUPPORT
GROUPS**
IN ONTARIO
INC.

In 1980, the first Parent Support Group started in Ontario. Four years later, APSGO, a registered charitable volunteer organization was born.

What APSGO does:

- Provides a forum for communications between parents, professional organizations and Ontario Government Ministries.
- Operates a 24 hour referral line putting parents in touch with a Parent Support Group in their community.
- Organizes seminars and workshops for members, the community and professional organizations.
- Makes experienced speakers available for any organization.
- Holds regular board meetings. Representatives of the various chapters participate in the development of policies and programs.
- Assists chapters to expand their network for communication and increased cooperation within the family service sector.
- Sponsors an annual conference for parents and professionals.
- Publishes a resource information newsletter.

Is a Parent Support Group for You ?

A Parent Support Group is for you if:

- 1) You often feel guilty.
- 2) You think his/her behaviour is caused by his/her friends or rotten breaks in life.
- 3) Your family routines are frequently upset by his/her acting out.
- 4) You are regularly hurt by his/her actions and attitude.
- 5) You have considered calling the police for fear of physical abuse.
- 6) You sometimes feel like a failure as a parent despite all you've done to help your child.
- 7) You often feel angry, confused and depressed.
- 8) You tell lies to cover up for your child's negative behaviour.
- 9) You feel blamed by the schools, therapists, or members of your family.
- 10) You feel frightened by what might happen to you and your child.

Help for Parents of Acting-out Youth

*A successful self-help
organization*



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To locate the group nearest you
or for more information call:

1-800-488-5666

or visit

www.apsgo.ca

The Issues:

The Young People we are concerned about range from 10 to 30 years of age.

They are in trouble with:

- **Our families**
- **Schools**
- **Drugs**
- **Alcohol**
- **The Law**

Who Can Join:

Parents, Grandparents, Step-Parents or any Adult concerned about the behaviour of a Young Person.

What the Groups do:

Support

- All groups meet weekly. Members benefit from contact with people who have experience in dealing with similar problems.
- All Parent Support Groups are run by parent volunteers, not professional counsellors.
- Parent Support Group Members provide hope, encouragement and parenting strategy in a non-blaming atmosphere.
- Information revealed at meetings is kept in confidence.

What the Groups don't do:

- Group members do not promise instant success. Instead, members share what has been helpful to them.
- Parent Support Groups have no religious or political affiliations.
- Parent Support Groups do not support physical violence or corporal punishment.

We can help!

- We are all familiar with forgotten good intentions and broken promises from our children.
- Fear, worry, guilt, despair and a sense of utter helplessness can all be dealt with.
- You know that there are many parents in your community facing the same problems, the same pain.
- By reaching out now and becoming a member of a parent support group, you will learn how to help yourself and your child.
- Group members will assist you in developing a personal plan that will help you overcome the obstacles of dealing with your child.

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