

# Help for Parents of Teens



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**The Association of Parent Support Groups in Ontario Inc.** was founded by parents more than thirty years ago and has established a proven track record in helping parents help their families. With practical plans and ongoing support, parents learn to take control of their homes and build better relationships with their children.

**APSGO** is run by experienced parents, trained to help struggling parents who are overwhelmed by the behavior of their child. Many parents are referred by schools, police, physicians and therapists. However, referrals aren't necessary. You can join simply by calling our number.

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**APSGO**

The Association of Parent Support  
Groups in Ontario Inc.

## **IS A PARENT SUPPORT GROUP FOR YOU?**

I carry my wallet everywhere.

I check the liquor cabinet regularly.

I spend nights wondering where my child is.

I'm intimidated by my child's rage.

My son stays out all night and sleeps all day.

My once happy daughter is now withdrawn.

My son punches holes in the walls.

I can't connect with my child.

## **IS THIS TRUE?**

I'm tired of getting calls from the school.

I have lied to cover up my child's behavior.

My spouse and I argue about our child.

I have considered calling police.

I'm tired of my child's broken promises.

I believe I've tried everything.

I followed the experts' advice, nothing worked.

I feel helpless.



**Call 1 - 800 - 488 - 5666**  
**Or visit us at [www.apsgo.ca](http://www.apsgo.ca)**