

**There are several keys to being a good parent - one is information and another is support.**

We provide both.

The Family Support Group meets weekly to help parents make positive changes in their parenting. This group gives parents a place to exchange creative parenting practices based on their own personal experiences.

It is a place where parents come together to share feelings, get advice, and tips on being a good parent.

It is where parents can reach out for support and encouragement as new discipline techniques are tried, and where they can develop a lasting network of friends who can be an ongoing resource.

The purpose of the Support Group is to improve family relationships and help parents make changes in their families before a crisis occurs.

### **The Family Support Group meets on**

**Tuesdays 6:00-7:30,  
Kelly Family Center  
Canal's End Plaza, Ste. 201G  
Mill Street, Bristol, PA 19007  
Free childcare**

**For more information or to join us, call  
Annie Wise at 215-757-6916 ext. 383**

**FAMILY SERVICE ASSOCIATION**  
Serving Bucks County residents in their homes, in their  
communities and in our offices

Langhorne Office  
4 Cornerstone Drive  
Langhorne, 19047  
215-757-6916

Doylestown Office  
708 N. Shady Retreat Road  
Doylestown, 18901  
215-345-0550

Quakertown Office  
312 W. Broad Street  
Quakertown, 18951  
215-538-1616

Bristol Office  
Kelly Family Center  
2 Canal's End Road, Ste 201G  
Bristol, 19007  
215-781-6602

TTY/TDD 215-750-0727

[www.fsabc.org](http://www.fsabc.org) [fsabc@fsabc.org](mailto:fsabc@fsabc.org)

#### **Our Mission**

To protect, maintain, strengthen, and enhance individuals, families, and children, and their social and psychological functioning

#### **Our Vision**

Strong communities of healthy individuals, families, and children

#### **Family Service Association**

- Protects the elderly
- Reduces substance abuse
- Increases opportunities for adults
- Improves lives of those with mental illness
- Prepares children and adolescents for the future
- Improves the quality of life for those living with HIV/AIDS

Family Service is a member of The United Way of Bucks County and is accredited by the Council on Accreditation for Children and Family Services, Inc. The agency is licensed by The State of Pennsylvania to provide both outpatient Mental Health, and Drug and Alcohol services.

Services and employment are provided in a nondiscriminatory manner without regard to race, sex, color, national origin, ancestry, religious creed, disability, age, or limited English proficiency.

Funding for this program is provided by Bucks County Children and Youth Social Services Agency and



# Parent Support Group

**A Pennsylvania Family Support Alliance Affiliate**

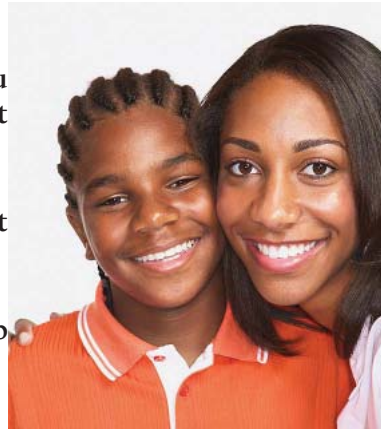
**Help for Parents from Parents**



Strengthening the lives of individuals, families, and communities since 1953.

## WHY JOIN A FAMILY SUPPORT GROUP?

- \* You want to change the way you relate to your children. You don't like screaming at them or hitting them, but you are not sure what else to do.
- \* You feel alone, like there is no one you can talk to about what is going on at home.
- \* You have a friend or a family member who attends the group and is asking you to come along with them.
- \* The courts or Children and Youth Services have said that you must attend the group as part of your family service plan.
- \* Your child is changing, entering a new phase, and you are not sure what parts of his behavior are normal and what might need help.
- \* You did not see examples of good parenting when you were a child, and you do not want to repeat the same mistakes with your children.
- \* It is a chance for you to relax, talk with other parents and have a break from your children. FREE snacks and childcare are provided.
- \* You completed parenting classes and now want a chance to practice what you learned, getting feedback from other parents in the group.



- \* The facilitator can point you to services in your community that can help you and your family.
- \* You love your children and want to be the best parent you can be.

## WHAT HAPPENS IN A FAMILY SUPPORT GROUP?

There is no “typical” meeting, because issues that parents deal with vary according to members and changing life situations. Parents are encouraged to talk about any issues that affect their relationships with their children.

Some examples of things discussed at our meetings include:

**Discipline of children**--how to get your children to listen to you without spanking or screaming.

**Child development**--what is normal for children at different ages and how to know when your child needs help.

**Stress reduction**--healthy ways to handle the inevitable stress of parenting.

**Child welfare system**--what happens when you are reported to child welfare. How you can reunify your family if your children are in placement or under court order.

**Self-care**--as parents, we often don't know how to take care of ourselves so we can care for our kids. The group encourages us to be good to ourselves and is a safe source of support.