

Ask Yourself . . .

- ◆ Do you ever feel your child is **trying** to irritate you?
- ◆ Do you ever get **so angry** you feel out of control?
- ◆ Do you want your children to be successful, but they just **don't listen**?

**If you answered yes to any of these questions . . .
YOU ARE NOT ALONE !!!**

You are just like thousands of other parents who know that raising children is a tough job.

The Exchange Clubs' Family Center understands that it's not easy being a parent, and that sometimes you need someone to talk to. A Family Support Specialist can provide you with nonjudgmental assistance.

The Family Support Program is

- ☞ a home visiting program that works with the whole family
- ☞ for families with a child under 12
- ☞ able to meet with you at times that are good for you
- ☞ a 12 week program (with extended support available, as needed)
- ☞ free and confidential
- ☞ available in Spanish

A Family Support Specialist ...

- ☞ visits weekly and is available by phone
- ☞ answers questions and offers ideas
- ☞ helps you understand your child's behavior
- ☞ gives you information on resources for your family
- ☞ respects your way of doing things
- ☞ focuses on your strengths and helps you learn new ways to enjoy your children

Help is available...

- ◆ if you think that you might need some help in parenting and you would like someone to talk to.
- ◆ if you don't want to raise your child like you were brought up, but don't know how.

We can also help you if you are currently **required** by the Department of Social Services or the court to complete a parenting program. You can ask to be referred to our program.

For 12 weeks we will work together, setting goals and taking steps to improve your relationship with your children. When you have accomplished your goals, you will be given a certificate of completion.

Parenting can be
stressful...

Are you
a parent
who could
use some
help?

Call the Family
Support Program.
403-8249 ext. 231

Specialists from the Family Support Program are also available to speak to parents or professionals on a variety of topics related to child abuse prevention and parenting.

The Family Support Program is offered at no-cost thanks to the N.C. Exchange Clubs' Foundation and the generous support of local Exchange Clubs and individual donors.

Se habla Español.



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Family Support Program

**Because being
a parent is the
most important
job you will
ever have.**

