

YOU ARE NOT ALONE

Sponsored by
PAL, the Parent Professional Advocacy League

Parent Support Groups

NEW!

At the Northshore Education Consortium

Did you ever wish you had someone to talk to who really understands what it is like? Many parents of children with behavioral, emotional, or mental health problems have said how isolated they feel at times. Talking with people who face the same challenges with their own kids sometimes helps.

Parent Support Groups are confidential and are for:

- Sharing experiences in a non-judgmental setting of trust and acceptance.
- Networking & exchanging information on community resources, current research and treatment options.
- Developing relationships with other parents from your school and the community.

All meetings are free, confidential and open to the public!

WHEN & WHERE

4th Tuesday of every month from 9:30-11 AM

**Northshore Education Consortium, 112 Sohier Road, Beverly
Family Center, 3rd Floor**

* * **RESERVATIONS ARE REQUIRED** * *

PLEASE CALL Krissie Burnham, PAL's Family Support Specialist @ Northeast Behavioral Health
Phone: 978-283-0296 Ext.732 or Email: KrissieBurnham@aol.com

PAL The Parent Professional Advocacy League

Parent Support Groups

The following 10 Descriptors Define the Values and Purpose of the PAL Groups.

1. PAL support groups are an open community resource.
2. PAL support groups are designed for families who are challenged by the mental health needs of their children and adolescents.
3. PAL support groups are based on a parent-to-parent model and are facilitated by parents.
4. PAL support groups are based on support; parent blaming is off limits.
5. PAL support groups provide an opportunity for families to receive support, education and advocacy around the issues affected by their children's mental health disabilities.
6. PAL Support groups are NOT parenting classes.
7. PAL support groups are voluntary. It is not appropriated that PAL groups be a component of a DSS treatment plan or part of a court ordered disposition.
8. Family Support Specialists do not monitor attendance of families.
9. PAL support groups function and look different in the different areas around the state. Some for instance, seem to attract parents of teens while others may attract parents with younger children. This is due in part to a self-selection process in which families attend if the group "fits" their needs.
10. PAL support groups are confidential.

PLEASE CONTACT:

Krissie Burnham, Family Support Specialist, PAL
Phone: 1-978-283-0296 Ext. 732
Email: KrissieBurnham@aol.com, www.ppal.net