

YOU ARE NOT ALONE

Join PAL, the Parent Professional Advocacy League and become a member today!

Parent Support

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 regarding community resources, current research, and treatment options
- Developing relationships with other parents and professionals and moving into advocacy.
- Some meetings include supper, childcare, gym play and swimming all FREE of charge! You must pre-register especially for childcare (ages 5 & up) & supper.

WHO?

North Shore parents and caregivers from Rockport to Salem (and all towns in between) are welcome to be part of our North Shore Area Parent Support Group and become part of PAL's statewide network of families!

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

WHEN & WHERE?

2nd Friday of every month from 6:00 to 8:30 p.m. at the Salem YMCA, One Sewall Street Supper, swimming and childcare often provided (near Jerry's Army and Navy, Rte 114).

4th Thursday of every month from 9:30-11 AM - Please contact for more information.

* * **RESERVATIONS ARE REQUIRED** * *

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

THE FOLLOWING 10 DESCRIPTORS DEFINE THE VALUES AND PURPOSE OF THE PAL GROUPS.

The Parent Professional Advocacy League

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:

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