

# FAMILY RESOURCE CENTER

NSMC NORTH SHORE CHILDREN'S HOSPITAL FAMILY SUPPORT PROGRAMS

## Parents Supporting Parents

Would you like to have the support and encouragement  
of other parents with similar concerns?

Are you a parent who is feeling overwhelmed, isolated or  
stressed?

*Being a parent isn't always easy!*

Come to a Parents Helping Parents support group

Our groups are:

- *Free*
- *Confidential*
- *Anonymous*

To find out more about Parents Helping Parents  
or to locate a group near you, call

**1-800-882-1250**

or visit our website

[www.parentshelpingparents.org](http://www.parentshelpingparents.org)



**Parents Helping Parents**

*the roundtable of support*