

# Join the Club!

## Parent Support Groups

Parent Support Groups are meetings organized by the Florida Department of Juvenile Justice (DJJ). The meetings are intended to give parents who are raising a troubled child comfort, advice and support from others in similar situations.

### How Can Parent Support Groups Help?

You may wonder why you would want to join a parent support group. You may be thinking that it is your child who has the problem and wonder how you would benefit from participating.



Actually, it could be quite helpful! When your child has a serious problem, it affects you too. You have to deal with him and the consequences of his poor behavior. You also have to deal with your feelings. You may feel guilty, frustrated, overwhelmed or angry. You may not know what to do or who you can talk to. Joining a Parent Support Group can help.

### Join to Feel Better.

- ◆ Find comfort in knowing you are not alone in trying to help a troubled child.
- ◆ Get a chance to discuss similar issues about teens' emotional or behavioral problems.
- ◆ Talk about the feelings you may have in dealing with your child.
- ◆ Be with other people who understand what you're going through.
- ◆ Help other parents by sharing your thoughts, experience and advice.



By St. Pete Prodigy  
Artist Gaby



- ◆ Get rid of any fears that it's your fault that your child is troubled.
- ◆ Gain hope from parents whose children are making progress.

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### Join to Learn More.

- ◆ Get tips on communication and parenting skills.
- ◆ Learn what to say and do when your child is being difficult or gets in trouble.
- ◆ Know how to not over-react or under-react to your child's problems.
- ◆ Hear things other parents have tried that did or did NOT work.
- ◆ Receive recommendations to therapists or services in your area.
- ◆ Obtain a better understanding of your child's situation.
- ◆ Get information such as books, websites, magazines and other helpful parenting resources.
- ◆ Make plans to take positive action.
- ◆ Reduce stress and learn ways to cope with a troubled teen.

If you would like to participate in a DJJ Parent Support Group, contact:

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Number: \_\_\_\_\_

Email: \_\_\_\_\_



**Next Meeting:**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_

\_\_\_\_\_

The Florida Department of Juvenile Justice

Rick Scott, Governor

Christina K. Daly, Secretary

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Florida Department of Juvenile Justice  
www.djj.state.fl.us