



Get help as a parent before your kids pay the price.

Parenting is a challenging job, and if your family is dealing with unemployment, marital tension, or isolation, the stress can really build. If you think stress may be affecting the way you treat your child, or if you just need extra support, try the following:

1. **Talk to someone.** Tell a friend, healthcare provider, or a leader in your faith community about your concerns.
2. **Get counseling** for yourself or your family.
3. **Take a parenting class.**
4. **Accept help.** You don't have to do it all. Ask for help from friends, family and neighbors.



Blue Ribbon Campaign

For more information, call the KIDS Center
at 383-5958 or visit www.kidscenter.info

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APRIL IS PREVENT CHILD ABUSE MONTH