

## What Is **TOUGHLOVE**®?

**TOUGHLOVE** is an effective self-help program for parents who are troubled by unacceptable behaviour from their young people - aged 10 to adult.

**TOUGHLOVE** is a network of parents helping each other to bring about change in the lives of their young people.

**TOUGHLOVE** is a non-profit, international educational organisation offering self-help materials to parents and young people in trouble.

Starting with one small group of parents in the U.S. it now has parent support groups in Australia, New Zealand, Canada, South Africa, and the U.S - because it works.

## What **TOUGHLOVE** Is Not

**TOUGHLOVE** does not advocate or support physical or verbal abuse.

**TOUGHLOVE** does not advocate or support kicking kids out: We give our adolescents options that protect their safety and our responsibility. The reality is that they may not choose the options we offer.

**TOUGHLOVE** does not offer an 'instant fix'. Your situation took a long time to develop. It will take time to reverse it.

**TOUGHLOVE** is not affiliated with any religious or political organisation. It is a respected community service. Parents are referred to **TOUGHLOVE** by Counsellors, Doctors, Police, Children and Youth Agencies, schools and by word of mouth.

## About **TOUGHLOVE**®

- **TOUGHLOVE** parent support groups meet weekly. Meetings follow a carefully planned structure. Parents are guided through a discussion format designed to help them develop action plans that are relevant to their needs and that work.

- From the regular meetings parents gain new ideas and find alternatives to things that they have tried in the past.

- By sharing our stories we find that we are not alone, and need not feel isolated and helpless any more.

- There are no "quick fixes" Parents are asked to attend regularly in order to develop new skills and techniques to cope with their difficulties. **When parents act differently, their kids do change.**

- We give you options and help you make plans. We give you support to aid you in following through with your own decisions. This helps you develop the courage to set boundaries and put appropriate consequences in place.

### ALL DONATIONS WELCOME!

Please help us to reach other parents.

**By cheque:** please make payable to "**TOUGHLOVE NSW**" and post to the postal address listed below.

**By Credit Card:** payable on line through [www.paypal.com](http://www.paypal.com) to the email address listed below.

**TOUGHLOVE NSW** is a registered charity. Tax deductible receipts will be issued for donations in excess of \$2

**TOUGHLOVE (NSW) Inc**

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# Problems with your son or daughter's unacceptable behaviour?



## *You're not alone!*

## **TOUGHLOVE**®

A unique community based self-help program of parents helping parents to deal with problems of unacceptable adolescent behaviour

Confidential • Supportive  
Effective • Non-profit

## Ph: 1 300 856 830

Dear Parent

*We know how lonely and helpless you can feel when your kid is in trouble.*

*You are not alone. There are many parents in your community who are having similar problems. They are also needlessly feeling isolated, frustrated, guilty and ashamed.*

*We realize it is hard for you to reach out at a time like this. However we have seen that parents who join a TOUGHLOVE Parent Support Group find that their lives dramatically change for the better.*

*Take a risk. Come to a parent group so that you can judge for yourself how it can help you.*

David York      Phyllis York

Founders of TOUGHLOVE®

- **Are you at the end of your tether?**
- **Do you sometimes feel you're a failure as a parent?**
- **Are you and your partner at odds because of your adolescent?**
- **Do you feel alone and that you don't know where to turn?**



### What To Expect At Your First Meeting

Most people are amazed and relieved to find that the group is composed of people just like themselves who have been, or are experiencing similar problems with their young people.

**You are not alone** and there are others who understand what you are going through.

**TOUGHLOVE** encourages a self-help approach to solving family issues. TOUGHLOVE offers tremendous support. The value of support is emphasised at all meetings as a way of showing parents how they can help one another. This helps parents and kids gain confidence.

**TOUGHLOVE** does not aim to punish kids, but shows parents how to come up with loving solutions to help with family problems.

The first week Orientation will tell you what the **TOUGHLOVE** Program is like and will give you a chance to see how TOUGHLOVE may help you and your young person.

### Which of these behaviours concern you?

- Defiant, argumentative, threatening, uncooperative behaviour?
- Drunk or on drugs?
- School truancy, missing classes?
- Running away from home?
- Lying or stealing?
- Trouble with the police?
- Aggression, anger, foul and abusive language?
- Very lazy and lacks motivation?
- In trouble at school?
- Physical violence towards you or other family members?

### Do you want things to change?

When their kid's behaviour is unacceptable and disruptive within the family, school and community **TOUGHLOVE** offers parents of young people, from 10 to adult, guidance, support and practical ideas.

Parenting is a tough job. **TOUGHLOVE** can help you develop effective new skills needed to cope with your difficulties.

Helping Families

Ph: 1300 856 830

**TOUGHLOVE-It Works**