



PARENTS ANONYMOUS®

Asking for help is a sign of strength.*

Being a parent isn't easy.

If you sometimes feel that you are all on your own parenting, feel disconnected or would just like to have an opportunity to connect with other parents about your highs and lows, Parents Anonymous® might be for you.

What is Parents Anonymous®?

Parents Anonymous® is an evidence-based family strengthening program for any family seeking help and support. It is run as a weekly group open to caregivers, parents or those in a parenting role. Children, from newborn to age 18, are encouraged to attend, and will participate in their own group led by a child/youth facilitator while the adult group meets.

What happens at Parents Anonymous®?

A Parents Anonymous® group meets to talk, share and learn from each other each week. The groups have helped to strengthen relationships and connect participants to local resources and supports.

How can you join Parents Anonymous®?

Please inquire into group participation by calling 613-735-6866.

"I love this group. It's a part of my weekly routine with my kids."

- Mom, Pembroke, ON

Learn more at www.ParentsAnonymous.org



Family & Children's Services
of Renfrew County
Services à la famille et à l'enfance
du comté de Renfrew

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