

What is TOUGH LOVE ?

ToughLove is an effective self-help program for parents who are troubled by the unacceptable behaviour of their children.

ToughLove is a network of parents helping each other to bring about positive change in the lives of their children.

Kid's behaviour affects Parents.
Parent's behaviour affects Kids.

ToughLove is a non-profit, self-help organisation that started with one small group of parents in the United States.

Now ToughLove parent support groups can be found throughout Australia, New Zealand, Canada, South Africa and the United States.

ToughLove is a respected community organisation. Troubled parents are referred to a local support group by councilors, Doctors, the local Police, schools and by word of mouth.

ToughLove is not affiliated with any religious or political organisation.

Parent's material and emotional resources are limited.



TOUGH LOVE
Getting Tough with Love

What TOUGH LOVE is not.

ToughLove does not advocate or support physical or verbal abuse of any kind.

ToughLove does not advocate or support kicking kids out of the family home.

We give our adolescents options that protect their safety and our responsibility as parents. The reality is that they may not choose the options we offer.

You're not alone.
Call now or visit the website to find the nearest support group.

Your local support group:

Moorabbin Tel: 9513 7222

Melbourne-West Tel: 9513 7222

Wantirna Tel: 9513 1090

Web: www.toughlove.org.au



TOUGH LOVE Victoria
600 Hampton Street, Brighton, Victoria 3186
Tel: 03 9513 7222

**If
your child's
unacceptable
behaviour is
making your
life a misery...**

**Perhaps
it's time to get
Tough
with Love.**

TOUGH LOVE



Parents helping Parents troubled by
the unacceptable behaviour of their Children.

Does this sound familiar?

Are you at the end of your tether?

Do you often feel you're a failure as a parent?

Are you and your partner at odds with your adolescent?

Do you feel alone with nowhere to turn?

Is your Child making your life hell?

Which of these behaviours most concerns you?

- Defiant, argumentative, threatening, unco-operative behaviour?
- Alcohol or Drugs?
- Missing classes, school truancy?
- In trouble at school?
- Running away from home?
- Lying, Stealing?
- In trouble with the Police?
- Aggression, anger, foul and abusive language?
- Lazy and lacking in motivation?
- Physical violence towards you and other family members?

Parenting is a tough job. ToughLove can help you develop skills that will help you cope and change your situation.

What to expect when you visit a ToughLove meeting

- 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.
- By sharing their particular situation they'll discover that you're not alone or helpless anymore.
- From regular meetings, parents gain new ideas and find alternative strategies to those tried in the past.
- There are no 'quick-fixes'. Parents need to attend on a regular basis.
- ToughLove** gives you options and helps make plans. With the group's support parents are enabled to follow-through with their decisions.
- With group support, parents develop the strength and courage to set boundaries and put appropriate consequences in place.



TOUGHLOVE
Getting Tough with Love

Parents and Kid's are not equal

Do you want things to change?

When your adolescents behaviour is unacceptable and disruptive within the family, school or community, ToughLove offers you:

- Guidance
- Support & Friendship
- Skills and practical ideas to help you regain a normal family life.

ToughLove support is available to parents with children of any age.

Dear Parents,
We know how lonely and helpless you feel when your kid's are 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 realise it's 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 and see how it can help you.

David & Phyllis York
Co Founders of ToughLove

The essence of family life is cooperation - not togetherness