Asking for Help is a Sign of Strength®

National Parent Helpline™
Being a parent is a critically important job, 24 hours a day, every day of the year. All parents/caregivers benefit from support at some time in order to provide safe and nurturing homes for their children. Parents/caregivers face many challenges -economic insecurity, community safety, the education of their children, nurturing positive child development and the prevention of child abuse and juvenile delinquency — just to name a few. Where can a parent turn to get emotional support and assistance to develop solutions to the issues they face raising their children? **The answer is the National Parent Helpline®.**

**Asking for Help is a Sign of Strength®**

With one call or mouse click, parents/caregivers can ask for support from trained National Parent Helpline® Advocates, become empowered to resolve their issues and receive referrals to services when appropriate. The National Parent Helpline® website will include comprehensive online parenting resources and a bulletin board for parents/caregivers to share their Helpline® experiences to build community and help others. This vital resource will assist parents with a wide range of issues such as parenting and positive discipline techniques, effective communication strategies, stress reduction, personal care and safety, and provide referrals to community-based prevention programs, shelters, substance abuse programs, respite care, and child care. When parents feel empowered they utilize and expand their own social support networks and build on their resiliency to strengthen their families, reach out to others in their communities and create long term societal change that benefits everyone.

**Ensuring Protective Family Factors**

Safe, stable and nurturing relationships provide a protective buffer for all families¹. The National Parent Helpline® will promote 5 key protective factors²:

- **Parental resilience**: parents’ ability to effectively cope with the various challenges of parenting and every-day life
- **Social connections**: emotional and concrete assistance from friends, family, neighbors, and other community members
- **Knowledge of parenting and child development**: accurate information about how to raise your children and appropriate expectations of child behavior
- **Concrete support in times of need**: financial security as well as access to formal financial support, such as TANF; and informal support from social networks
- **Children’s social and emotional development**: children’s ability to effectively interact with other people and appropriately communicate their emotions
**Lasting Benefits to Families and Communities**

By building on the strengths of parents/caregivers, the National Parent Helpline® will result in individual, relationship, community and societal change. Parents will become change agents and reach out to others in their community. As leaders, parents can provide valuable input to creating responsive programs and policies that meet the needs of families.

The National Parent Helpline® will serve as an essential prevention resource for millions of parents/caregivers who seek help, get support, build their strengths and create hope for the future.

Since 1969, Parents Anonymous® Inc. has implemented effective strength-based services for millions of families worldwide, through shared leadership.

**We are committed to launching this new National Parent Helpline® on February 1, 2011 by standing with families to ensure the future of our country.**

**Partner with Us**

We need you to join with us as a partner organization so that the 149 million parents in this country will know the National Parent Helpline® is there for them.

To be added as a partner organization, please eMail Jodi Doane, National Parent Helpline® Manager of Operations, at jdoane@parentsanonymous.org and include your website. If you are able to announce the launch of the National Parent Helpline® at one of your events, please let us know.

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### National Organizations and Foundations
- American Academy of Pediatrics
- American Bar Association, Center on Children and the Law
- American Humane Association
- American Lung Association
- American Medical Association
- Annie E. Casey Foundation
- Association for Childhood Education International
- Boy Scouts of America
- Boys and Girls Clubs of America
- Casey Family Programs
- Center for the Study of Social Policy
- Child and Family Policy Institute of California
- Child Welfare League of America
- The Collaboration to AdoptUSKids
- Community Anti-Drug Coalitions of America
- Doris Duke Charitable Foundation
- Federation of Families for Children’s Mental Health
- Friends National Resource Center
- Heather Cabot, Yahoo! Consumer Spokesperson
- Marguerite Casey Foundation
- National Alliance of Children’s Trust and Prevention Funds
- National Association for the Education of Young Children
- National Association of Public Child Welfare Administrators
- National Association of Social Workers
- National Black Child Development Institute
- National Center on Shared Leadership
- National Child Abuse Coalition
- National Domestic Violence Helpline
- National Head Start Association
- National Indian Child Welfare Association
- National Respite Coalition
- National Youth Advocate Program
- North American Council on Adoptable Children
- PreschoolRock.com
- Prevent Child Abuse America
- Professional Tutors of America
- The Raise Foundation
- Rise Magazine
- Strategies
- Stop It Now!
- Strengthening Families Initiative

### Government Partners
- Administration for Children and Families, U.S. Department of Health and Human Services
- Alameda County Social Services, Department of Children and Family Services
- Alpine County Health & Human Services
- California Department of Social Services, Office of Child Abuse Prevention
- Center for Substance Abuse Prevention, U.S. Substance Abuse and Mental Health Services Administration
- Centers for Disease Control and Prevention, National Injury Prevention & Control Center
- Children’s Bureau, U.S. Department of Health and Human Services
- City of Long Beach, Department of Health and Human Services
- Contra Costa County Family and Children Services
- County of Orange - Health Care Agency
- County of San Bernardino, Children and Family Services
- El Dorado County Department of Human Services
- First 5 California
- First 5 Calaveras
- First 5 Los Angeles
- First 5 Madera County
- First 5 Riverside
- First 5 San Bernardino
- First 5 San Francisco
- Fresno County Children and Family Services Department
- Head Start Bureau, U.S. Department of Health & Human Services
- Health and Human Services Agency Commission on Children, Youth and Families
- Inter-Tribal Council of California, Inc
- Los Angeles County Department of Children and Family Services
- Los Angeles County Department of Mental Health
### Monterey Department of Social & Employment Services – Family & Children’s Services
- Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice
- Orange County Social Services, Children and Family Services Agency
- Plumas County
- Riverside County Department of Public Social Services
- Sacramento County Department of Health and Human Services, Division of Child Protective Services
- San Bernardino County Social Services Agency, Department of Child and Family Services
- San Diego County Office of Education/Juvenile Court and Community Schools
- San Francisco Human Services Agency, Family & Children’s Services Division
- San Luis Obispo Department of Social Services
- Superior Court of California, County of Imperial
- Sutter County Children & Families Commission
- U.S. Department of Education, Office of Special Education Programs
- Ventura County Human Services Agency
- Casa Pacifica Center for Children & Families
- Catalyst for Kids (WA)
- Center for Children
- Central CA Coalition of Child Abuse Prevention Council
- Central Valley Prevention Program of Mental Health Systems, Inc
- Chadwick Center-Rady Children’s Hospital
- Child Abuse Listening and Mediation
- Child Abuse Prevention Coordinating Council Shasta County
- Child Abuse Prevention Council of Contra Costa County
- Child Abuse Prevention Council of Fresno
- Child Care Coordinating Council of the North Country (NY)
- Child Welfare Organizing Project
- Children’s Bureau of Southern California
- Circle of Parents
- Council on Child Abuse Prevention Lassen County
- Child Abuse Prevention Council of Monterey County
- Child Abuse Prevention Council of Placer County
- Child Abuse Prevention of Napa County
- Child Abuse Prevention Council of Sacramento, Inc
- Childhelp Foster & Adoption Agency
- Children’s Advocacy Center of Tom Green County (TX)
- Children’s Network of San Bernardino County
- Community Action Commission to Help the Economy (NY)
- Community Action Partnership of San Luis Obispo County, Inc
- Community Advocates for Parents and Children
- Community Hospital of San Bernardino
- Community Partnership for Families of San Joaquin
- County of San Bernardino Pre-School Services
- Cumberland River Comprehensive Care Center (KY)
- D.C. Children’s Trust Fund
- Delaware Ecumenical Council on Children & Families

### Community-Based Organizations
- Alameda County Child Abuse Prevention Council
- Alta Loma School District
- Anderholt & Storey, APLC
- Antelope Valley Child Abuse Prevention Council
- Asian Pacific Islander Children Youth and Family Council
- Aspiranet Kids Program
- Beyond Shelter
- Birth & Beyond Community Response
- Birth Parent Association
- Butte County Child Abuse Prevention Council
- California Coalition
- California Institute for Mental Health
- California Permanency for Youth Project
Dependency Advocacy Center-Mentor
Parent Program
Detroit Center for Family Advocacy (MI)
Detroit Parent Network (MI)
Early Start Family Resource Network
El Dorado County Child Abuse Prevention Council
El Paso Federation of Families (TX)
EMQ Families First
Emergency Preparedness Integrated Solutions Project
End Abuse Long Beach
Families Matter
Family Care Network
Family Directions of Iowa
Family Resource Center (MO)
Family Resources (PA)
Family Support Network
The Family Tree (MD)
Foothill Child Abuse & Family Violence Council
Fred Finch Youth Center
Gains Early Childhood Education Program
Good Will Industries of Greater Cleveland and East Central Ohio
Grass Valley School District
Greater Bay Area Child Abuse Prevention Coalition
Head Start San Bernardino
Helping Hands Kinship Support Services
High Desert Academy of Applied Arts and Science
Hollydale Universal Pre-School
Infant/Child Enrichment Services, Inc
Inland Temporary Homes
Interim Foster Care Agency
Isla Vista Youth Projects
Jewish Children and Family Services of the East Bay
Knotts Family Agency
Knotts Family and Parenting Institute
La Casa del Pueblo (UT)
Lancaster School District Early Childhood Education Program
Latino Health Collaborative
Los Angeles Community Child Abuse Council
Los Angeles Gay & Lesbian Center
Lutheran Social Services
Making a Difference Association
Marin Child Abuse Prevention Council
Mariposa Safe Families
McKinleyville Playgroup
Montclair Community Collaborative
Morning Star Care Consulting
Morrison Center Child & Family Services (OR)
Morongo Basin Mental Health
Moses House Ministries
Neighborhood Youth Association
Northeast Texas Child Advocacy Center
Northern Mariana Islands (Saipan)
Oceano School Readiness
Ordot Chalan Pago Elementary School on Guam
North Coast Regional Child Abuse Prevention Council Coalition
Para Los Niños
Parent Guidance Center (TX)
Parent Leadership Network
Parents Anonymous® of New Jersey (NJ)
Parents Anonymous® of Pomona
Parents Anonymous® of South Carolina
Parents Anonymous® of Tyler (TX)
Parents In Partnerships, Los Angeles County Department of Children & Family Services
Parents Taking Action
Partnership for Safe Families and Community/Parents with Purpose
Pathways to Child & Family Excellence
Prevent Child Abuse Council Calaveras
Prevent Child Abuse Riverside County Program for Early Parent Support (WA)
Project Inspire
Prototypes – Prevention Initiative Demonstration Project
Reach by Five
Reach Out
Rialto Unified School District
Safe Start Center
Samaritan Counseling Center
San Bernardino City Unified School District
San Bernardino County State Preschool Family Resource Program
San Bernardino County Superintendent of Schools
San Diego Youth Services
San Francisco Child Abuse Council
San Luis Obispo Child Development Center
San Luis Obispo County Child Abuse Prevention Council
San Luis Obispo County Office of Education
Santa Anita Family Service
Santa Barbara County Child Abuse
     Prevention Council
Santa Maria Healthy Start
Santa Maria School Readiness
Santa Ynez Valley People Helping People
SCAN Volunteer Service (AR)
Seneca Center
Sierra-Sacramento Child Abuse Prevention
     Center, Regional Coalition
Solano County Child Abuse Prevention
     Council
South Coast Children’s Society
South Coast Community Services
Southern Humboldt Family Resource
     Center
SPIRITT
St. John’s Well Child & Family Center
St. Vincent’s Casa Alegria Children’s Center
St. Vincent’s PATHS
Statewide Parent Advocacy Network (NJ)
SunShine Foster-Kinship Support Group
Teaching Family Homes of Upper Michigan
Teen Parent Association
Tehama County Child Abuse Prevention
     Center
Tri Coastal Cities
Tuolumne County Parent Advisory
     Council/Shared Leadership Network

University Partners
Oakland University, School of Nursing
Resource Center for Family-Focus Practice, UC Davis
National SafeCare Training and Research
     Center, Georgia State University
School of Social Welfare, UC Berkeley
University of the District of Columbia School
     of Law
Vanderbilt University- Center on the Social
     and Emotional Foundations for Early
     Learning