

**What we are,  
and are not . . .**

- We are a support group, not a therapy group.
- We are a Parent support group — parents and kids meet separately for peer support.
- We deal in behavior, not in emotions, even though emotions are considered and respected.
- We do not act as professional counselors — each group can recommend helpful professionals from their own resource lists.
- We have no affiliation with any religious or political group.
- We cannot give you immediate answers to your problems; what we can do is show you that you are not alone, that you have rights and worth and deserve to be treated with respect.
- We have a "process for change" that you can use as a guide.  
We offer supportive confrontation and selective support to help you to make changes — first for yourself and your well-being — then for your teenager.
- We give no guarantees. We do not tell you what to do. We can give suggestions, hope and sharing. There are no prescriptions: you make your own plans and get support from the group to follow through with your decisions.

The only thing we ask of newcomers is that you use **TOUGHLOVE** materials to help us all to speak the same language — and to give back support to group members and our community.

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

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

**TOUGHLOVE** ..... it works!



Dear Parent,

We know how lonely and helpless you feel when your kid is in trouble. You are not alone; there are many parents in your community who are having similar problems, and who also are needlessly feeling isolated, guilty and ashamed.

We realize it is hard for you to reach out at a time like this, but we have seen that parents who join a **TOUGHLOVE** Parent Support Group find that their lives dramatically change for the better. Take a risk and come to a parent group so that you can judge for yourself.

*Janis York*  
*Phyllis York*



For further information, please send a self-addressed, stamped #10 envelope to:

**TOUGHLOVE**  
P.O. BOX 1069  
DOYLESTOWN, PA 18901  
Call: (215) 348-7090



*must have a weekly bottom line!*

## **TOUGHLOVE**



**ASHEBORO**  
Monday - 7:PM  
Revivals for Jesus Church  
619 Albemarle Road

**BURLINGTON**  
Tuesday - 7:PM  
First Pentecostal Holiness Church  
Harris Street at James Street

**GREENSBORO**  
Monday - 7:PM  
Church of the Covenant  
Mendenhall Street at Walker Avenue

**HIGH POINT**  
Thursday - 7:PM  
First Presbyterian Church  
918 N. Main

**WINSTON-SALEM**  
Tuesday - 7:PM  
Peacehaven Baptist Church  
Peacehaven Road at York Road

## ASSESSING YOUR OWN SITUATION . . .

### HOME

- You and your spouse argued about your teenager's behavior
- You have withdrawn from your spouse
- Your spouse has withdrawn from you
- You have not had a peaceful night's sleep
- You hated to hear the phone ring when your teenager was not at home
- You or your spouse lost time from work because of your teenager

### Has your teenager come home:

- missing dinner
- high
- late
- stoned
- not come home at all
- drunk

### Has your teenager run away:

- overnight
- two days
- a week
- stayed away more than a week

### Has your teenager been violent:

- verbally
- physically to the house or furniture
- physically to you or your spouse
- physically to other people in the neighborhood
- in school
- with the police

### SCHOOL

- Has your teenager been tardy?
- Has your teenager been absent?
- Has your teenager played hockey?
- Has your teenager cut class?
- Has your teenager been suspended?
- Have you been called by the school?

### LEGAL

- Has your teenager received summons?
- Has your teenager received fines?
- Has your teenager received tickets?
- Has your teenager been involved in accidents?
- Has your teenager been charged with drug incidents?
- Has your teenager been charged with drinking incidents?
- Has your teenager been arrested?

How many items have you checked?  
Are you satisfied with the way things are?  
Do you believe that a crisis may be developing? Do you believe that you are in a crisis now?

### THE MOST IMPORTANT QUESTION IS: ARE YOU SATISFIED WITH THE WAY THINGS ARE?

We believe that if you have checked two areas in the home category, two areas in the school category, and one area in the legal category — YOUR CRISIS IS BUILDING. If you checked more areas, YOU ARE ALREADY IN CRISIS.

**Don't feel bad, get mad! Then use your anger to make constructive changes!**

*How many people do you know whose personal and business lives are affected by an unstable home atmosphere, due to unacceptable adolescent behavior?*

**TOUGHLOVE** is a non-profit educational organization offering self-help materials to parents, kids in trouble and the professionals working with them.

**TOUGHLOVE**..... it works!

**TOUGHLOVE** is an effective self-help program for the parents of unruly young people and the professionals who work with them. **TOUGHLOVE** is a combination of philosophy and action which, together, can help you change and help you get control of your family again.

**TOUGHLOVE** is a network of parents helping kids — of parents and professionals working together — to bring change into the lives of their young persons who are:

- impossible
- incorrigible
- uncontrollable
- addicted
- physically or verbally abusive
- in trouble in school
- in trouble with the law
- destroying the family

**TOUGHLOVE** is the creation of Phyllis and David York, parents of three grown daughters, who formed **TOUGHLOVE** out of their own frustration and helplessness. Though they were trained family therapists and worked with troubled teenagers and their families, they found themselves in the same dilemma as their clients.

The Yorks and their **TOUGHLOVE** staff train parents and professionals in the **TOUGHLOVE** philosophy and structure.

The **TOUGHLOVE** Parents' Manual, written by the Yorks, is a self-help book that is an indispensable tool for parents who want to stop the self-destructive behavior of their children. It is filled with practical ideas that work.

**TOUGHLOVE** also has materials and programs applicable to kids in trouble and persons concerned about **COCAINE ABUSERS**, many of whom are being referred by "800-COCAINE" — the national helpline for abusers and their families.

The **TOUGHLOVE** referral list contains listings for over 1500 groups throughout the world.