

What is **TOUGHLOVE**?

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.

TOUGHLOVE is parents helping parents troubled by the unacceptable behaviour of their children.

TOUGHLOVE helps parents formulate strategies to challenge behaviours that are not acceptable and to set boundaries within the family unit.

TOUGHLOVE helps parents to maintain a healthy perspective on the family unit and protect other family members from inappropriate behaviour.

What **TOUGHLOVE** 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.

TOUGHLOVE is not affiliated with any religious or political organisation.

TOUGHLOVE is not a 'quick-fix'. Parents need to attend on a regular basis.

You're not alone.

Call now or visit the website to find the nearest support group

Your local support groups:

Bairnsdale	0498 210 427
Wantirna	0488 706 221
Keysborough	0488 706 221

 **03 9517 8546**

 **www.toughlove.org.au**

 **info@vic.toughlove.org.au**

TOUGHLOVE is a respected community organisation. Troubled parents are referred to a local support group by counsellors, doctors, the local police, schools and by word of mouth.

TOUGHLOVE is a non-profit, self-help organisation that has been in existence for over 40 years.

If there is not a **TOUGHLOVE** parent support nearby, call us to see if we can help you start one.



If your child's unacceptable behaviour is making your life a misery, it's time to try something new



TOUGHLOVE Victoria
Tel: 03 9517 8546
Web: www.toughlove.org.au
Email: info@vic.toughlove.org.au

“It’s tough on parents who love their kids ... and it’s because we love our kids we need to do something different”

Does this sound familiar?

- You’re at the end of your tether
- You and your partner are at odds with your adolescent
- You’re losing sleep and taking time off work
- You feel alone
- You’re afraid to answer the phone
- You feel overwhelmed and frustrated
- You feel you’ve failed as a parent

Is your child (teen or adult) making your life feel like a living hell?

There is hope!

“I felt helpless and alone, my kid was in trouble and we’d been to every agency and professional I could find. Through a TOUGHLOVE support group, I found support and understanding. I was not alone...”

“It was a big step for me, as a parent., to reach out and find support from other parents in similar situations... then things started to change for the better.”

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

We focus on problem behaviours

- Defiance & uncooperative behaviour
- Lying, stealing, bullying
- School trouble, school refusal, missing classes
- Laziness, lack of motivation
- Spending too much time on the internet
- Running away from home
- Alcohol or drug use/abuse
- Trouble with the law and police
- Unpaid fines, debts, money issues
- Anger, aggression abusive language and threats
- Physical violence towards you and other family members
- Damage to the home and property
- Self-harm and suicide threats
- And more

Do you want things to change?

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.

What to expect when you visit a TOUGHLOVE meeting

- Regular support, understanding and empathy from other parents who have experienced similar issues. Support groups meet weekly.
- Guidance through the program to help develop strategies relevant to your specific needs.
- New ideas and alternative strategies to those tried in the past.
- Support to develop the strength and courage to set boundaries and put appropriate consequences in place.



“Take a risk, come to a group so you can judge for yourself and see how it can help you”

Phyllis & David York (Founders)