

# PARENTS ANONYMOUS SUPPORT GROUP

“Where asking for help is a sign of strength!”

## **Daytime Meetings:**

**Wednesday's 10 am -12 noon**

**Thursday's 6 pm -8 pm**

Do you ever feel stressed and overwhelmed as a parent?

Can your kids really push your buttons?

Want other parents to talk to?

**COME TO A PARENTS ANONYMOUS GROUP!!**

**Parents can freely share their questions, concerns, problems and solutions about parenting in a safe and supportive atmosphere.**

The mission of Parents Anonymous of New Jersey, Inc. is to protect children by strengthening families through mutual support, parent leadership, and advocacy.

**Mercer County Family Support  
Organization**

**3535 Quakerbridge Rd., Ste. 400,  
IBIS Plaza,  
Hamilton, NJ 08619**

**Call: 609-586-1200 or**

**Email: [info@mercerfso.org](mailto:info@mercerfso.org)**

**Meetings are free and free onsite child  
supervisor is available.**

**(Those needing child supervision must call in advance!)**