

## Top Five Early Warning Signs of Substance Abuse By Adolescents

1. Change of Friends
2. Drop in Grades
3. Change in Social Activities
4. Dishonesty
5. Smoking



## National Organization

Parents Helping Parents, Inc.

[www.ParentsHelpingParents.info](http://www.ParentsHelpingParents.info)



Dealing with a child  
of any age  
abusing alcohol  
or other drugs?

*You are not alone.  
We can help.*

We are "caring parents  
offering hope  
through resources,  
education, and  
shared experience."



# Parents Helping Parents

Empowering parents to exchange the chaos that addiction brings for peace as they learn tools to support recovery in their child of any age.



## Programs & Services

- **Parent Meetings -**

Regularly scheduled meetings to provide education and strategies from professionals and other parents regarding alcohol & drug use in our children.

- **Library -**

Recommended and hard-to-find books, audios & videos that provide education about substance abuse, addiction, relapse and recovery.

- **Web site -**

[www.ParentsHelpingParents.info](http://www.ParentsHelpingParents.info) contains education, resources, and support that assist parents in developing and implementing a recovery strategy in their home.

## Chapters

Join us for confidential parent meetings where you can learn more about substance abuse in your child and how you can help your child overcome addiction

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