



**United Parents** is a parent run non profit that helps families raising children with emotional, mental or behavioral disorders.

We have raised these children and learned a lot. Come and talk with us to share ideas.

### Do you know a child (or parent) that:

- Is Suicidal
- Always angry
- Makes you always angry
- Has trouble in school
- Needs help with drugs
- Is a teen parent
- Is always sad
- Gets violent for NO reason
- Is always disruptive
- Makes you feel out of control
- Causes chaos in your home
- Has no hope

### What we do

- **Support**—so parents don't feel isolated
- **Respite**—parents can take a break, regroup
- **Education** to help manage special challenges
- **Activities** for children, encouraging competent, pro-social behaviors and random acts of kindness
- **Knowledge** about effectively navigating the many "systems" touching our children.
- **Advocacy** so children receive services to help them succeed in schools and the community.
- **Peer to peer** advice & guidance during difficult times.

*"A parent's hope for tomorrow"*

### Gathering of Families Monthly Parent Support Groups

♥  
**3rd Tuesday 6-7:30PM**  
**Samaritan Center**  
**280 Royal Avenue**  
**Simi Valley**

♥  
**2nd Saturday**  
**10AM-Noon**  
**Trinity Church**  
**600 Saratoga Fillmore**

♥  
**2nd Monday 6-7:30PM**  
**United Parents Office**  
**391 S. Dawson Drive**  
**Camarillo**

♥  
**1st Wednesday, 6-7:30PM**  
**St. Paul Baptist Church**  
**1777 Statham Blvd., Oxnard**

♥  
**2nd Tuesday, 7-8:30PM**  
**The Chabad, Suite H**  
**2524 Townsgate, WLV**  
**(Sorry, no childcare)**

♥  
**1st & 3rd Thursday 7-8PM**  
**Aurora Vista del Mar Hospital**  
**801 Seneca Drive, Ventura**  
**(Sorry, no childcare)**

♥ **Parents With Purpose Mondays 6:30-8PM**  
**Pacific Clinics TAY Tunnel**  
**141 W. 5th Street, Suite D, Oxnard (Sorry, no childcare)**

**Free Childcare at most meetings (call for reservation)**

**United Parents ♥ 805 384 1555/1080 Fax**

# Good Mental Health

Exercise ♥ Good Nutrition

Use your strengths,  
minimize your weaknesses

Reach out to others for positive support

Stay social ♥ Find a fun hobby

Keep Busy ♥ Keep Active

Never give up!

Seek professional help if needed

**If you know** a family struggling to raise a child with emotional,  
behavioral and/or mental disorders,  
maybe we can help.

**805 384 1555**

**805 384 1080**Fax



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[www.unitedparents.org](http://www.unitedparents.org)