

## Parent Support Network Begins

September 8, 2006

GILMANTON: Lakes Region parents who are concerned about their teens engaging in “risky behaviors” will have an opportunity to share their experiences and learn from others through the newly organized “Turbulent Teens: Parents Helping Parents” network.

Co-facilitated by two parents trained in group dynamics, Nancy Porosky of Gilmanton and Carol Murtaugh of



Alton, the “Turbulent Teens” network begins on September 28<sup>th</sup> and will be held every Thursday evening on a drop-in basis from 7:30-9pm at the Gilmanton Community Church in Gilmanton Iron Works.

Porosky and Murtaugh understand the stress involved in raising teens.

Says Nancy, “When my teenager started exhibiting risky behavior I had no one to talk to about my fears and concerns. I was too embarrassed to talk with my friends or family because I thought his behaviors were a reflection of my parenting skills. I felt inadequate, scared and alone.

“I want parents to know that they are not alone on this journey. I want to provide a safe place where parents can talk about their issues and not feel judged,” she continues, explaining this as “the chief reason” why she has prepared herself to lead such a group.

Carol Murtaugh, RNC, is a Registered Nurse and a Licensed Alcohol and Drug Counselor (LADC). She has a practice at the Concord Hospital and in Wolfeboro.

“Carol’s and my background and skills complement each other and we both are eager to work with other parents,” adds Porosky. “With her extensive background in substance abuse, she will be a wonderful resource for the educational components of this program. She is also a trained facilitator, so she will be very helpful in leading this group with me.”

Both Nancy and Carol recently completed a group facilitator training organized through the collaborative resources of the Belknap County Citizens Council on Children and Families, Friends of Recovery – NH, and NAMI, NH.

In addition to connecting with other parents, the weekly network will include regular educational components using outside presenters and materials that address specific parenting needs. Information on a variety of community resources will also be available.

“Parents Helping Parents” is offered at no charge for all interested parents from throughout the Lakes Region. There are no on-site provisions for child care.

For more information, call the Belknap County Citizens Council on Children and Families at 528-3185.