



# Taking Charge

Educational and Support Group for Parents of Teens

**“Helping families climb out of the chaos of addiction and/or defiance.”**

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- ❖ Do you feel like your teen is in charge of your home?
- ❖ Do you feel helpless to stop your teen’s defiance or drug use?

Taking Charge is a program designed for parents who are feeling overwhelmed by their teenager’s substance use and/or defiant behavior. We help parents move from exasperation to empowerment in handling these difficult issues. Multiple families are involved in the group, with the focus on developing individual strategies for you to implement with your teenager.

New Taking Charge groups are formed regularly. The cost for the program is \$40.00 per session. Subsidized fees are available in some cases. Pre-registration is required, so please call in advance.

**Next Group Begins –  
February 4, 2008  
Mondays, 7:00-8:30pm, 5 Sessions  
At 721 S. Quentin Rd., Palatine**

**For more information or to register, please contact:  
Barbara Howard, LCPC, CADC  
at (847) 359-7490**