

# **ACT HAPPENINGS**

**Take Home and Share with Your Family!**

**SPRING, 2000**

## **New Support Group for Parents of Teen-agers**

The teen years can bring much confusion, frustration, and even guilt for parents. Moms and dads often experience the pressures of busy schedules, feel a lack of knowledge in parenting skills, and have limited support resources. To help parents deal with teen issues and guide their children through the challenges of change and growth, Aldersgate Youth Service Bureau has formed the new support group "Parents of Teen-agers."

Meeting the third Monday of every month at 7:00 p.m. at Aldersgate Youth Service Bureau, the group is designed to allow parents to come whenever they feel the need. There is a \$5 family donation per evening. Speakers will be featured quarterly.

Certified Parent Trainer Patti Nagel is both coordinator and leader of this new group. Not a newcomer to this concept, Patti previously started a similar support group in Springfield Township, which grew out of a personal need when four of her children were teens. Later, as a staff member of Aldersgate, Patti ran mandatory parent meetings and saw parents' need for more time to share concerns and ask questions about their teens. She decided that a parent support group would be a valuable resource in this community as well.

Aldersgate is located at 42 N. York Road, Willow Grove, just across the street from Petco. As a private, non-profit social service agency, it provides counseling for individual adults, couples, children, and families; foster care placements; substance abuse prevention and intervention; and community outreach services. For more information, call 215-657-4545.

## **Family Cycle Day Set for Sunday, April 30**

Abington residents, get in gear! It's time for the Annual Abington Family Cycle Day to be held Sunday, April 30 at Alverthorpe Park from 9:30 a.m.-4:00 p.m. The day features both a five- and thirty-mile ride as well as a five-mile walk-a-thon. Highlights include a bicycle safety rodeo and a free-style demonstration with aerial stunts, jumps, and bike handling tricks. Community service groups will staff booths providing information about their services. Completing the day are games, face painting, and food.

Participants can register in person the day of the event or any time prior by calling Abington Parks & Recreation at 215-576-5213. This family fun day is sponsored by Abington School District Parent Council and Abington Township Department of Parks & Recreation as well as its primary corporate sponsor, Abington Bank. Flyers will be sent home with elementary school children and will also be available at area businesses.