

Troubled? Frustrated? Angry?

Don't Take It Out On Your Children!

Raising a family can be really terrific. But when things get tough and you have nowhere to turn for help, it can sometimes be more than you can handle.

To talk things over and to learn about services in your neighborhood that can help, call **the Parent Helpline**, twenty-four hours a day, seven days a week.

(888) 435-7553

Parents under extreme pressure or in a situation which might lead to child abuse or neglect can bring their children to our **Crisis Nursery**. We'll take care of your kids under age ten for up to twenty-one days to give you a "cooling off" period. While your children are being cared for, you can speak with a social worker who can make appropriate referrals to social services for long-term help.

If you are in crisis and need help right away, call the **Parent Helpline** any time of the day or night.

**The New York Foundling Hospital's
Family Crisis Center and Crisis Nursery
590 Avenue of the Americas
New York, New York 10011
(888) 435-7553**

Sure, your children need patience and understanding. But so do you.

(參閱背面。)

覺得困擾？ 沮喪？ 生氣？

別拿孩子當出氣筒！

養活家庭是件非常了不起的事情。但是當您遇到不如意的事情而且求助無門時，有時會無法應對。

如果想找人商量並且瞭解社區內可提供協助的相關服務，請致電
家長專線，這是每週 7 天、每天 24 小時的專線服務。

(888) 435-7553

處於極度壓力或是可能會導致虐待或忽視子女的狀況的父母可以將其子女帶至我們的**緊急庇護所**。我們將會妥善照顧您的子女（年齡需在 10 歲以下），時間最長為 21 天，讓您有一段「冷靜」的時間。在我們照顧您子女的期間，您可以和社工人員面談，他們能夠替您安排轉介至可提供長期協助的適當社會服務。

如果您正面臨危機而且需要立即協助，不論任何時間都可以致電**家長專線**。

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無可諱言，您的小孩需要用耐心和理解對待。但是您也一樣。

(See other side.)