

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.

(Al gade lòt bò a.)

Ou twouble? Ou fwistre? Ou ankòlè?

Pa Pase Li Sou Pitit Ou Yo!

Edikasyon yon fanmi kapab ekselan. Men lè bagay yo vin difisil epi lè ou pa gen kote pou jwenn èd, sa kapab pafwa depase sa ou kapab jere.

Pou pale sou bagay yo epi pou jwenn enfòmasyon sou sèvis nan katye ou ki kapab ede ou, rele **Liy Èd Paran**, vennkat èdtan pa jou, sèt jou sou sèt.

(888) 435-7553

Paran ki anba gwo-gwo presyon oswa ki nan yon sitiyasyon ki ta ka lakòz yo fè abi oswa neglijanans sou timoun kapab mennen pitit yo nan **Gadri nou pou Kriz**. N ap pran swen timoun ou yo ki poko gen laj dizan pandan apeprè venteyen jou pou ba ou yon peryòd "pou tanpere ou". Pandan pitit ou yo anba swen nou, ou kapab pale avèk yon travayè sosyal ki kapab ba ou referans apwopriye pou voye ou nan sèvis sosyal pou jwenn èd pou anpil tan.

Si ou nan kriz epi ou bezwen èd touswit,
rele **Liy Èd Paran** nenpòt lè lajounen kou lannwit.

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Sètènman, pitit ou yo bezwen pasyans ak konpreyansyon. Oumenn tou bezwen sa.

(See other side.)