

Parenting Resources

- Adolescent Parenting Program - Free parenting program offering support for new parents under the age of twenty. 1-800-293-4310
- Circle of Parents Support Groups - A place to discuss the challenges and joys of parenting. 1-800-249-5506
- Parent Anonymous Helpline - 1-800-345-5044
- Parent Resource Center - Parent education, support groups, parenting skills (Springvale). 207-324-1371
- Parent Talk Line - 1-800-249-5505
- Sweetser Family Institute - 1-800-434-3000. Youth Alternatives Mediation Services 1-800-632-0041 or 874-1175