

INSERT LOGO

**FOR IMMEDIATE RELEASE**

Contact: [Insert Name of Council Contact]  
Tel: xxx-xxx-xxx  
Email: [Insert Local Contact Email]

**PARENTING IS HARD WORK!  
1-800 CHILDREN Helpline Provides Confidential Support to Parents**

[City, GA, Date] In today’s economic environment, parents may find themselves dealing with stressful challenges. The presence of a support system helps us find positive solutions to life’s stressors. [Insert Name of Council Contact] wants parents to know about a safe and confidential Helpline they can call when they just need to talk, and sort through the issues at hand.

The toll-free 1-800-CHILDREN Helpline is an outreach program of Prevent Child Abuse (PCA) Georgia, and provides support and information to parents of children of all ages. The Helpline is available Monday through Friday, from 8:00 am until 8:00 pm.

PCA Georgia works in collaboration with its prevention network around the state to provide a community-based response to the parents who call. [Insert Name of Council Contact] is a part of this network, and wants parents to know that the Helpline is a vital resource.

“Parenting is hard work!” says [Insert Name of Council Contact] of [Insert Name of Council Contact]. “All parents struggle at some point in time, and need someone to talk to. Parents need to know that they are not alone. They can call the Helpline anonymously and someone will be there to listen and provide support.”

[Insert Name of Council Contact] also offers parents a few tips for dealing with stress:

- Every parent struggles from time to time. Ask for support and help from family, friends, neighbors and professionals when you need it.
- Listen to your child and have realistic expectations. Understand his emotional, social, and physical development and what he is capable of comprehending at his age.
- Learn about the community resources available to you. There are a lot of great organizations out there where you can find support and connect to other parents. The Helpline can help you with this.

**About Prevent Child Abuse (PCA) Georgia**

Prevent Child Abuse (PCA) Georgia and its community-based chartered council network have provided leadership for the prevention of child maltreatment for more than 25 years, and share the core values of valuing children, strengthening families and engaging communities.

To find more parenting tips, contact [insert local contact] at [insert local phone number], or call PCA Georgia’s Helpline at 1-800-CHILDREN (244.5373). Information is also available at [insert local council website if applicable] or [www.pcageorgia.org](http://www.pcageorgia.org).