

Don't just cope.

Hope.

Children are rewarding.
But they're almost never easy.

PAL is here to help...

Call, Text or Chat

866-962-3030 www.pal.ua.edu



Don't just cope. **Hope.**

Parenting Assistance Line

THE UNIVERSITY OF ALABAMA

Don't count to ten.

Call, Text or Chat instead.

Children are rewarding, but even the best of parents can use some help from time to time.

For resources or just a sympathetic ear, the Parenting Assistance Line is here for you. Whatever your need, PAL's trained counselors can provide a listening ear or suggest resources for material help – that means real-world advice for all kinds of parenting challenges.

Since 2007, we've helped thousands of parents, grandparents, and other relatives become more confident in nurturing children. Without judgment and with strict confidentiality. Most of all, it's absolutely free.

It's the right call to make. No matter what you face as a parent.

So if you're just coping as a parent, you have options:



Call
1-866-962-3030



Text or Chat at
pal.ua.edu



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