



# YOUTH AND FAMILY SERVICES

250 South Route 59, Bartlett, IL 60103 / (630) 483-5799 / [www.hanover-township.org](http://www.hanover-township.org)

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Thank you for attending Hanover Township Youth and Family Services' workshop! Here are a few online resources with more parenting information:

- 1) **Focus Adolescent Services:** Wide index of information on topics dealing with adolescence and families: anger in teens, bullying, helping with stress, rules and boundaries, step-families a& co-parenting, single parenting, etc. Also information on adolescent mental health issues and behavior problems: anxiety, depression, ADD & ADHD, abuse, substance use, etc.  
<http://www.focusas.com/SiteMap.html>
- 2) **Child Development Institute Parenting Today:** Information on child and adolescent development, articles on common adolescent challenges (e.g. teen bullying, shyness, self-esteem, teen dating) and on common health issues of teenagers.  
<http://childdevelopmentinfo.com/teenager-adolescent-development-parenting.shtml>
- 3) **One Tough Job- The Massachusetts Children's Trust Fund:** Information on parent-child communication, child/adolescent growth and development, and teenage health and safety issues (e.g. dating, substance use, body image, driving safety).  
<http://www.onetoughjob.org/>
- 4) **Kid's Health.org:** Information on child and teenage health, fitness, and development.  
<http://kidshealth.org/teen/>
- 5) **Centers for Disease Control and Prevention:** Information on adolescent and school health (violent behavior, sexual behavior, mental health, substance use, etc.) as well as information on funded national, state and local programs for adolescents.  
<http://www.cdc.gov/HealthyYouth/index.htm>
- 6) **Family Education.org:** Information on school resources, health & safety, social emotional development (communication, teaching diversity, teen suicide prevention) for teens and kids.  
<http://life.familyeducation.com/parenting-advice/teenagers/43735.html>
- 7) **Teen Suicide.us:** Information on teen suicide prevention, suicide warning signs, teen drug abuse, residential treatment programs, and other drug abuse/suicide prevention websites.  
<http://www.teensuicide.us/>