



My life is good today!

Be willing to do whatever it takes. It is important not to miss a group. You really need to be on top of it.

Just be honest. No matter what, be honest. The more honest you are about everything, the more help you're going to get - definitely.

Structure your life. Don't get caught up in crazy things. Fall in love with boredom!

Stay connected with your kids.

Don't just walk away; don't lose that bond.

The ball is in your court.

There is always hope!

It's hard, you have to work your butt off and really make changes, but it's possible.

Do not lose your cool. You lose your cool, you lose the game.
Be done with your madness, 'cause that will hold you back big.

You Can **GET YOUR KIDS BACK** Advice From Parents Who Did

Contact Catalyst for Kids
Parent Engagement Program for more information:
www.catalystforkids.org • (206) 695-3238