

Why: To share stories and explore strategies; to access valuable information, to find your boundaries so you may find relief, support and serenity

When: The 2nd and 4th Tuesdays of each month
From 7:00 pm to 9:00 pm

Where: Thornhill Seniors Club

Cost: Free

Info: aga.toronto75@gmail.com
905-771-7610



- Are you walking on eggshells?
- Did you lose a meaningful connection with your child, grandchild?
- Do you live in constant fear, chaos and turmoil?
- Are you exhausted and cannot believe *this* is happening in your own family?

There is hope, you are not alone and you are not helpless

CPR - Creating Peaceful Responses

Contact Rivka Zelin:
aga.toronto75@gmail.com
905-771-7610

Contact us for details on our meeting location or to ask questions

Check our Canada Website
agaottawa.weebly.com

AGA Headquarters website:
www.AGA-FL.org
Email: info@aga-fl.org

**Alienated
Grandparents
Anonymous
Toronto
AGA**



Provides information and support to:

**Grandparents who feel alienated from their grandchildren
&
Parents estranged from adult children**

Some Signs of Alienation

- You wonder if your son or daughter has been brainwashed by his/her spouse. His or her behaviors are unusual
- You notice your daughter-in-law or son-in-law speaks for your son or daughter. You are not allowed to express your feelings
- No approval or appreciation of what you do for your grandchildren or for their family
- You are not included at holidays, birthdays, school functions, and/or other social occasions
- You are not permitted to communicate with your child and your grandchildren...visits, phone calls, emails, letters, etc. are not permitted
- You are blamed for problems...real or made up, telling you that you are putting pressure on them. Your adult child seems angry at you
- The alienator attempts to change or control you. Tells bizarre stories about you to your child, puts you down, even in front of your grandchildren

Some Feelings of the Alienated Child

Fear: Alienated children may be afraid. If the child reaches out to their grandparent, the parent may treat the child as if he is betraying them. The child might be afraid to show affection toward their grandparent.

Anxiety: Children may be told stories of misinformation. This sometimes horrifying misinformation, on a neurological level, can produce an anxiety-based response of *fight or flight*.

Depression, Helplessness and Guilt: Children may feel powerless and hopeless about their inability to communicate with their grandparents. They may also feel guilty or responsible for not being able to stop the alienation

Confusion: Children may not understand why this is happening and be confused about what "normal" family relationships look like

Tension: Children may suffer from anger issues due to a very controlling parent. If the parent's mood often changes from rage to loving, this chaos may cause children to lack trust

Ambivalence: It may be troublesome for children to feel mixed emotions when their true feelings are denied

Inability to Learn: Children living in chaos may have difficulty learning, and their school grades may suffer

Isolation: When children cannot connect with their loving grandparents, it may cause delinquent behaviors

OUR FOCUS

AGA focuses on the struggle so many grandparents have in being part of their grandchildren's lives

Alienation keeps you from, or severely limits, your ability to communicate or visit with your grandchildren...with or without informing you of reasons

Grandparent Alienation is considered by the experts to be severe child abuse and elder abuse. Alienation is willful intimidation. It is a global epidemic, affecting families, and it has no socio-economic boundary

Abuse tends to escalate without the grandparent making sense of what is occurring, perhaps with the use of subtle and unconscious programming. Because we have deep love for our children and grandchildren, we may tend to allow abuse to continue; whereby, otherwise we would walk away

AGA offers support, understanding, and strategies to help diffuse the situation

AGA helps to validate the feelings of those dealing with the issues of alienation

AGA will provide an exchange of information, and a sharing of experiences. Grandparents can remain anonymous, so that everyone will feel free to openly share their feelings

AGA will work toward bringing alienated grandparents, parents, and grandchildren together

AGA raises awareness internationally regarding the epidemic of Grandparent Alienation. AGA participates in seeking Grandparents Rights Legislation