



CALIFORNIA DEPARTMENT OF SOCIAL SERVICES PARENT RESOURCES



CALIFORNIA PARENT AND YOUTH HELPLINE



The OCAP is funding Parents Anonymous® Inc. to offer the California Parent & Youth Helpline and Online Parent Support Groups to address increased stressors and concerns faced by families, parents and youth during the current uncertain and troubling times. Parents and youth can call, text and chat 855-4APARENT (1-855-427-2736) for emotional support and referrals in English, Spanish, and other languages, every day from 8am to 8pm. Sign up for the Online Groups at caparentyouthhelpline.org, Other Parents Anonymous resources can be accessed on their website.



8am-8pm Monday-Sunday

CALL, TEXT OR LIVE CHAT NOW FOR EMOTIONAL SUPPORT OR TO SIGN UP FOR ONLINE PARENTING SUPPORT GROUPS

caparentyouthhelpline.org
info@caparentyouthhelpline.org

Asking for Help is a Sign of Strength®



8am-8pm Lunes-Domingo

LLAME, ENVÍE UN MENSAJE DE TEXTO O CHATEE EN VIVO AHORA PARA RECIBIR APOYO EMOCIONAL O PARA REGISTRARSE EN GRUPOS VIRTUAL DE APOYO PARA PADRES

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Pedir Ayuda Es Un Signo De Fortaleza®



<https://caparentyouthhelpline.org>