



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOMETIMES YOU JUST NEED SOMEONE TO LISTEN | YMCA of San Diego County

One of the most important ways to support our community during challenging times is to ask ourselves how we are doing. We are offering a warm-line to families, caregivers, child care providers and young adults. Through phone-based support, we offer a listening and empathetic ear to problem solve challenges that come along with parenting. We provide support in coping with current stressors and guidance in connecting to community resources. These brief phone consultations are free and confidential. A YMCA staff member will call to discuss your needs & offer support and additional resources.



Please call or email
us for more information.
1-619-521-3055
(Press #6 for Health and
Behavioral Health)
crsbehaviorsupport
@ymcasd.org

OUR MISSION: The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.