

# PARENT & CAREGIVER SUPPORT 101

A CONVERSATION WITH OUR YMCA  
YOUTH DEVELOPMENT EXPERTS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MISSION VALLEY YMCA

Parenting is hard. But it doesn't have to be. Join us to:



Learn parenting techniques  
to reduce stress and navigate  
difficult situations



Connect with fellow  
community members on  
the joys and challenges of  
parenting



Find answers that can  
strengthen your family's  
mental health and well-being



### DATE & TIME:

**THURSDAY MAY 26<sup>TH</sup> 5:30PM - 7:30PM**



### LOCATION:

**MISSION VALLEY YMCA**

5505 Friars Rd, San Diego, CA 92110

For more information, email Justin Lipford at [jlipford@ymcasd.org](mailto:jlipford@ymcasd.org)

### FREE ACCESS TO THE Y FOR YOUTH AGES 13 TO 24 DURING MAY!

With that free access, comes opportunities to participate in teen-focused activities that support your physical and mental health. Scan the QR code or visit [ymcasd.org/mha](http://ymcasd.org/mha) to find mental health resources and learn about our mental health awareness campaign activities throughout the month of May!

