

PARENT & CAREGIVER SUPPORT 101

A CONVERSATION WITH OUR YMCA
YOUTH DEVELOPMENT EXPERTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOHN A. DAVIS FAMILY 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:

TUESDAY MAY 10TH 5:00PM – 7:00PM



LOCATION:

JOHN A. DAVIS FAMILY YMCA
8881 Dallas St, La Mesa, CA 91942

For more information, email Justin Lipford at 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 to find mental health resources and learn about our mental health awareness campaign activities throughout the month of May!

