



**California
Parent & Youth
Helpline**

1-855-4A PARENT
1-855-427-2736

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®

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