

To learn more about us, go to:

www.wellspacehealth.org

Business Line- (916) 368-3118

24hr Parent Support Line

1-888-281-3000

Funding provided by:



24hr

Parent Support Line

a program of WellSpace Health

1-888-281-3000



**Sometimes parents just need to
talk...**

we're here to listen.



**WELLSPACE
HEALTH**

Comprehensive care since 1953

The **24hr Parent Support Line**, a free service of WellSpace Health, receives calls 24 hours a day, 365 days a year. We are committed to families. Our dedicated and extensively trained volunteers are available to parents, grandparents raising grandkids, and any other caregivers of children who may be in crisis, seeking information or resources, or just needing someone to listen and to provide encouragement when it's most needed.

We talk to parents of all ages about all types of parenting challenges such as:

- * ages and stages
- * teen challenges
- * school problems
- * runaways
- * discipline and parenting
- * life with a newborn
- * single parenting
- * co-parenting after divorce
- * custody issues
- * post partum depression
- * foster parenting & guardianship
- * housing & financial hardships
- * childcare needs
- * stressed out

.....and so much more.



We talk with parents who feel like giving up, those with questions or conflicts, or even a new mother who is considering surrendering her child. We talk with parents who are stressed out or trying to find their way through single or co-parenting. Or sometimes we just talk about what a parent needs so that they can be at their best for their children. We offer emotional support, information, and linkages to community resources to any caller in need, both locally and nationally. Kids don't come with an owner's manual- sometimes you just need to talk. *We're here to listen.*

1-888-281-3000

The **24hr Parent Support Line** is a vital component of the Effective Parenting Initiative Family Support Collaborative, and is partially supported by funding from First 5.

To learn more about the Parent Support Line, simply call us on the crisis line at **1-888-281-3000**. You can also call the **Business Line at (916) 368-3118** for information about these programs and services.



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