

This is Matthew Kijak, Director of the California Parent & Youth Helpline. In partnership with Governor Newsom, Parents Anonymous® Inc. recently launched the [California Parent & Youth Helpline](#) and Online [Parents Anonymous®](#) Support Groups in response to the Coronavirus to provide free trauma-informed, evidenced-based emotional support to Parents, Children and Youth in any language via calls, text, live chat and email. The California Parents & Youth Helpline operates 7 days a week from 8:00AM-8:00PM. Parents can Join a Weekly Online Support Group NOW through the website: caparentyouthhelpline.org. In this confidential setting, Parents address their underlying emotions and build resiliency to strengthen their family

Given the stress and anxiety families are experiencing, we are requesting that you add the [California Parent & Youth Helpline](#) and Online Support Groups, which are FREE and a valuable resource for Parents, Caregivers, Children and Youth on your website, I have attached the outreach ads in both English and Spanish.

Thank you in advance for your partnership. Please reach out if you have any questions or need further information.

Matthew Evan Kijak A.C.S.W
Helpline Director
Parents Anonymous® Inc.
Asking for Help is a Sign of Strength®

