



**CALPARENTS.ORG**

## **FREE PARENTING CLASSES**



**Parenting is the hardest job you will ever have – CPI is here to help.**

As we shelter in place, it is important now more than ever that parents feel connected and supported. CPI's parenting classes provide advice, strategies, and tools to strengthen parenting skills, all free of charge.

Join us for a parenting class and connect with parents going through similar issues. Visit [calparents.org/classes](https://calparents.org/classes) to register today.

## **PARENT SUPPORT LINE**



**There is no parent in the world who has all of the answers all of the time, especially during the shelter in place.**

Through the CPI Parent Support Line, Sonoma County parents and caregivers can connect with CPI's highly trained Parent Educators and receive personalized parenting support. Services are available in English and Spanish for parents and caregivers with children of any age.

Visit [calparents.org/supportline](https://calparents.org/supportline) or call (707) 755-2858 for a private consultation with a Parent Educator.

## **NO COST PSYCHOLOGICAL FIRST AID**



**CPI understands how the shelter in place order has added stress and uncertainty in the lives of our children and families.**

If you are feeling overwhelmed, burnt out, or more sad than usual, give our Child & Family Counseling Clinic a call and talk with one of our experienced therapists at no cost. Please call our Intake Specialist at (707) 284-1500 to schedule a telehealth appointment.

