



T.A.L.K Line

(Telephone Aid in Living with Kids)

**24-hour parental support line for parents and caregivers
of children and youth.**

(415) 441- KIDS (441- 5437)



IT'S NOT EASY TO BE A PARENT...

- ✓ When you feel frustrated, angry or depressed
 - ✓ When you might lose control
- ✓ When you are overwhelmed, isolated or alone
- ✓ When you need help dealing with your kids

REACH OUT!

The TALK Line is available to you 24 hours a day, 7 days a week, to listen, understand and help.

Parenting is difficult and can be isolating! We are here to help you cope. TALK about it!

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Safe & Sound, a community-based organization, has been providing family strengthening services in the San Francisco Bay Area for more than 45-years. www.safeandsound.org