

HERE FOR YOU

PROMOTING FAMILY SAFETY AND WELL-BEING

YMCA CHILDCARE RESOURCE SERVICE WITH PARTNERS IN PREVENTION



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Families may face new challenges as communities around the world respond to COVID-19. Caregivers may face more anxiety, uncertainty, economic pressure, or demands on their time. This stress can impact overall well-being and harmony in the home. Here are some ways we are here to support you during this time.



COLLECTION OF RESOURCES CENTERED AROUND:



CAREGIVER
RESILIENCE



SOCIAL
CONNECTIONS



KNOWLEDGE
OF CHILD
DEVELOPMENT



SOCIAL &
EMOTIONAL
COMPETENCE



CONCRETE
SUPPORT IN
TIMES OF NEED

[View our blog series on our Guide to Protective Factors](#)

VIRTUAL CONVERSATION CAFÉS:

Virtual Conversation Cafés are safe spaces where parents and caregivers can talk about the challenges and successes of taking care of others during these especially challenging times. Through individual self-reflection and peer-to-peer learning, participants explore their strengths, learn about the Protective Factors, and create strategies from their own wisdom and experiences to help strengthen their families.

To register, visit:

<https://ymcavirtualconversationcafes.eventbrite.com>

CALL FOR CONNECTION WARM-LINE:

One of the most important ways to support children during this time is to ask how their caregivers are doing. We are offering a behavior consultation warm-line to families and child care providers. Through phone-based support, we offer a listening and empathic ear to problem-solve challenges with parenting, support in coping with the current stressors, and guidance in helping children understand what is going on. These brief consultations are free and confidential.

FOR INFORMATION ON HOW TO ACCESS ANY OF THESE SERVICES:
EMAIL CRSBEHAVIORSUPPORT@YMCA.ORG OR CALL 1-800-481-2151

OUR MISSION: The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.