



This toll-free service (1-855-4A PARENT/ 1-855-427-2736) and [website](http://www.nationalparenthelpline.org) seeks to strengthen families by helping parents and building protective factors. Helpline Advocates are available Monday-Friday from 10 AM -7 PM Pacific Standard Time, providing emotional support and referrals in English and Spanish to parents, caregivers and organizations.

Visit us on the [web](#) for online parenting resources and a bulletin board to share parenting experiences, create caring communities and help others. You can also find us on [Facebook](#); [Twitter](#), & [LinkedIn](#).

Please help us spread the word! Contact: Don Pickens for more information.