



When the **STRESS** becomes too much  
and the **SOLUTION** is not at hand

**CALL THE PARENT CONNECTION HELPLINE**

**Parent Coaches are waiting to listen and give support.**  
*Connecting Parents With A Community That Cares*

  
**Helpline**  
**Parent Connection**  
**805-904-1411**

*Funding provided by MHSA PEI*



Parent Connection  
of San Luis Obispo County  
[www.sloparents.org](http://www.sloparents.org)

*ASPIRAnet*  
[www.aspiranet.org](http://www.aspiranet.org)

**FREE • CONFIDENTIAL • 24/7**