



1. California Parent and Youth Helpline

The California Parent & Youth Helpline and Online Parent Support Groups help to address increased stressors and concerns faced by families, parents and youth during the current uncertain and troubling times. Parents and youth can call, text and chat 855-4APARENT (1-855-427-2736) for emotional support and referrals in English, Spanish, and other languages, every day from 8am to 8pm. Sign up for the Online Groups at caparentyouthhelpline.org, Other Parents Anonymous resources can be accessed on their website.

2. Parents Anonymous <https://www.raisingfuture.org/program/parents-anonymous/>

Free weekly online support group for Parents and caregivers aimed at strengthening families.

3. The National Center for Fathering fathers.com

Nonprofit organization that provides free resources and tips for dads, grandfathers, divorced dads, step fathers, adoptive dads and father figures.

4. Dads' Club (760) 631-5000 x 7181

<http://www.vistacommunityclinic.org/latest-articles/fatherhood-matters/>

Program offered through the Vista Community Clinic. Participants have access to free services and resources including: Guidance on how to improve engagement with their children, family members, and the community; Employment training and skills development to improve job opportunities and upward economic mobility; Referrals to social services agencies and programs to address mental health, substance abuse and trauma; Workshops in character building, communication, parenting and conflict resolution.

5. Dads Corps <https://www.saysandiego.org/view-by-program/family-support/dads-corps/>

Dads Corps follows a nationally recognized parenting curriculum, and highlights the pillars of fatherhood through dialogue, shared experience, and parental modeling. It's a FREE program that's open to all fathers, including Civilian Dads, Active Duty Dads, Veteran Dads, and Dads-To-Be.

6. Project Keep <https://www.saysandiego.org/view-by-program/family-support/project-keep/>

This 16-week, 2-hour per week program provides participants with the evidenced-based KEEP curriculum designed to address the unique issues experienced by relative caregivers and foster parents. Project KEEP partners with foster parents and kinship caregivers to improve their children's behavior and decrease stress, all while building a supportive caregiver network.