



CALLING ALL PARENTS WE ARE HERE TO HELP!

CHAC is a nonprofit organization dedicated to serving our community by providing affordable and accessible mental health services.

Are you:

- Feeling overwhelmed?
- Seeking tools to help yourself and your family cope and deal with stress?
- Looking to connect with others?

Is your child:

- Struggling with distance learning?
- Feeling isolated and disconnected?
- Experiencing frustration, boredom, and/or low self-esteem?
- Feeling sad or anxious?

Free Parenting Toolkit!

Get tools to improve your child's behavior and strengthen your relationship during this online course by a Yale parenting expert.

[Click here to register.](#)

CHAC CAN HELP IN THE FOLLOWING WAYS:

School-Based Counseling Services

Free, individualized clinical support

Contact your school for information

School-Based Social-Emotional Learning Groups and Self-Guided Activities for Kids and Teens

Free Parenting Classes & Support Groups in Spanish

Mondays, 6:30pm: Classes for parents with elementary-school-aged children and older

Thursdays, 6:30pm: Support group for moms

For info: Contact Carlos Jalpa at cjalpa@chacmv.org or call (650) 965-2020

Wellness Wednesdays Monthly Group

English: First Wednesdays, 4-5pm

Spanish: Third Wednesdays, 4-5pm

Family Resource Centers

Parent Support Groups

Parent/Child Interactive Classes

For information, contact your school administration, visit chacmv.org, or call (650) 965-2020.