



New dates available starting October!

Parenting During COVID

A Free Weekly Virtual Support Group for Parents and Caregivers of youth.

Youth and Family Services has developed a Support Group to address and explore the ways in which COVID-19 has impacted families.

These groups can provide:

- Stress Relief for Parents & Caregivers
- Exploration of Strategies for Limit Setting and Addressing Challenging Behaviors
- Identifying Ways to Improve Communication Between Family Members

Safe and Confidential Space to Share

Groups are offered twice a week

Drop in on Tuesdays at 12:30 - 2:00 pm
or Wednesdays from 6:00 - 7:30 pm.

Space is limited, reserve your spot. Take advantage of our pre-registration!

Visit the City of Fremont YFS website to register www.fremont.gov/3060/Caregiver-Support or for more information call (510) 574-2100 email: YFS@fremont.gov

Support for this program made possible by

