



## **T.A.L.K Line**

**(Telephone Aid in Living with Kids)**

**24-hour parental support line for parents and caregivers  
of children and youth.**  
**(415) 441- KIDS (441- 5437)**



**IT'S NOT EASY TO BE A PARENT...**

- ✓ When you feel frustrated, angry or depressed
  - ✓ When you might lose control
- ✓ When you are overwhelmed, isolated or alone
- ✓ When you need help dealing with your kids

**REACH OUT!**

The TALK Line is available to you 24 hours a day, 7 days a week, to listen, understand and help.

Parenting is difficult and can be isolating! We are here to help you cope. TALK about it!

Call the TALK Line at (415) 441- KIDS (441- 5437)

Safe & Sound, a community-based organization, has been providing family strengthening services in the San Francisco Bay Area for more than 45-years. [www.safeandsound.org](http://www.safeandsound.org)