

# Parenting & Self-Esteem

LEARNING AND PRACTICING  
WAYS TO IMPROVE OUR OWN  
SELF-ESTEEM AND THE SELF-  
ESTEEM OF OUR CHILDREN

The San Diego Family Justice Center and VOASW Healthy Start invite you to a free monthly class starting Wednesday, March 25th from 10:00 AM - 11:30 AM. Join us every 4th Wednesday to strengthen your family and your self-worth.

*A supportive, interactive class for caregivers.*

Strengthen your own self-esteem while learning positive strategies to build confidence, resilience, and connection in your children.



## Build Confidence

Self-Esteem for Parent & Child  
Strengthen your own self-worth while fostering confidence and emotional well-being in your children.



## Healing & Growth

Navigating Trauma Together  
Gain practical skills to support your child through difficult experiences and build long-term resilience.



## Stronger Connections

Navigating Relationships  
Learn strategies to help your child adapt to shifting family dynamics and social transitions.



## Details & Childcare

Join Us on the 4th Wednesday of every month starting March 25th at 10:00 AM - 11:30 AM. Childcare available (Potty trained only).

*YSP and Community Partner clients only*

📍 1122 Broadway, Suite 200  
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📞 619-533-6000

@ YSPEvents@sandiego.gov

Scan to RSVP



SCAN ME

Free Parking Beneath our Building Available! Please bring parking ticket in with you, and we will provide validation.