

What I Wish My Parents Knew

Fostering Communication and Bridging Stigmas between Parents and Youth on “Hard to Talk About” Topics

WIWMPK is a **FREE** parent-youth forum that uplifts youth voices, addresses community issues, and connects families with resources for well-being.

SUBJECT-MATTER EXPERTS & YOUTH PANELIST TOPICS:

Mental Health and Emotional Wellness

Conflict Resolution Tools

Substance Use Trends

School Communication and Expectations



Saturday, Oct. 11th



11:30-2:00 PM



5469 Kearny Villa
Road, San Diego, CA
92123 – Conference
Room A&C

Scan to RSVP



Food and Drinks Provided, Parents and Students Invited!

Questions?

- ✉ Dang, Nghi npdang@health.ucsd.edu
- ✉ Garlejo, Sarah D Sarah.Garlejo@sdcounty.ca.gov



LIVE WELL
SAN DIEGO



REFUGEE &
IMMIGRANT
HEALTH UNIT

UC San Diego
ALTMAN CLINICAL & TRANSLATIONAL RESEARCH INSTITUTE

Center for
Community Health