

A What I Wish My Parents Knew Event

Mental Health Disorders & How Social Media and AI Impact Youth



What I Wish My Parents Knew (WIWMPK) is a FREE parent-youth forum that uplifts youth voices, addresses community issues, and connects families with resources for well-being.

Food and drinks will be provided to all attendees. All families are welcome!



Saturday, May 23, 2026



11:30 AM – 2:00 PM



**County of San Diego Live
Well Support Center**

5469 Kearny Villa Road, San
Diego, CA 92123 |
Conference Room A-C

Scan to RSVP



LIVE WELL
SAN DIEGO

UC San Diego
CENTER FOR COMMUNITY HEALTH



REFUGEE &
IMMIGRANT
HEALTH UNIT

Questions?

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