



# COUNTY OF SAN DIEGO NEWS RELEASE

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## **EMPOWERING PARENTS IN A CHANGING WORLD** ***Commission on Children, Youth and Families Hosts Parenting Conference on Feb. 5***

The world we live in is an ever-changing place and being a parent hasn't gotten any easier. Between your child's peers, the internet, television and other adults, there are all kinds of influences and potential dangers for your children.

Parents are encouraged to attend the "Positive Parenting in a Changing World" parenting conference hosted by The San Diego County Commission on Children, Youth and Families (CCYF) at the San Diego Convention Center on Saturday, Feb. 5. The goal of the one-day event is to help parents learn specific techniques and skills to assist them in their efforts to raise healthy and happy children.

"CCYF and San Diego County encourages all individuals to play a role in making San Diego a better place for families," said Supervisor Greg Cox, District 1, San Diego County Board of Supervisors. "This conference works toward that mission by providing parents with the opportunity to learn the knowledge, skills, and resources they need to help raise their children in today's world."

The conference is divided into two parts – a morning session beginning at 8 a.m. for parents of young children and an afternoon session starting at 11:30 a.m. for parents of teenagers. Parents are welcome to attend both sessions or the one that interests them most. The cost is \$25 per person (and \$10 for each additional person attending with you) for one or both sessions.

The morning agenda includes sessions on choosing quality day care, nutrition, the importance of male parents, positive discipline and keynote address from Dr. Gene Nathan, Medical Director for the American Academy of Pediatrics, San Diego Chapter. In the afternoon, the sessions include topics such as teaching money management to your children, preventing underage drinking, bullying, and bridging the digital divide. Attendees of both the morning and afternoon sessions can participate in a learning lunch with a presentation on healthy meals for families from noon to 1 p.m.

"We were looking for a convenient way to provide quality parenting information to a wide audience and worked with our community partners to put together this whole-day event," said Tonya Torosian, CCYF Executive Director. The community partners include the San Diego County Health and Human Services Agency, First 5 San Diego, Promises2Kids and Rady Children's Hospital.

To register and purchase tickets online, visit [www.sandiegoccyf.org](http://www.sandiegoccyf.org). For more information contact the San Diego County Commission on Children, Youth and Families, 619-338-2049.

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