



Parenting Together

A PROGRAM OF CADA



Helping parents guide their adolescent children through difficult situations, including substance abuse, behavioral concerns, navigating school/home communications, and family relationships.

“Parenting Helpline”

Call (805) 456-1234

A confidential, free of charge helpline parents can call for support and expert advice including referrals to the right treatment services to address the issues.

Speak live with a counselor Mondays and Fridays, 1 p.m. to 4 p.m., and Wednesdays, 5 p.m. to 8 p.m., or leave a message anytime and the call will be returned as soon as possible.



Not an emergency line. For emergencies, parents should call 911 or SAFTY (888) 334-2777.

“Parenting Together Classes”

Weekly group classes (via Zoom during the pandemic) designed to help parents navigate the challenges of raising adolescents. Participants can join a group at any time and will receive support from the class facilitator and other parents facing similar challenges.

Will cover a broad range of parenting topics, including the philosophy of nurturing parenting, teens and alcohol, brain development and substance abuse, discipline, building empathy and self-worth, and positive ways to deal with stress and anger.

Tuesdays from 5:30 - 7:00 pm

To enroll or for more information, call (805) 456-1234.

Parenting Together and the Parent Program are managed by Lino Celio, Certified Drug & Alcohol Counselor leading CADA’s parent education and support efforts for 17 years.

For more information, email ParentingTogether@cadassb.org