

*How do I...
What about...
When should we...*



You have questions. We have answers.

Parent Talk is a free hotline parents can call for quick advice. Talk with JVS Toronto's trained psychology staff about concerns around **distance learning, time management, children (including adult children) with disabilities, coping with stress and anxiety** and more. Sometimes a quick chat is all the help you need!



Call us at 416-649-1808

Tuesdays, 6:00pm - 8:00pm & Thursdays, 2:00pm - 4:00pm

www.jvstoronto.org

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Parent Talk 
A JVS Hotline for Parents