



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION

September 23, 2009

Contact: Tonya Torosian (619) 338-2049

FAMILY FUN FOR ALL *Day in the Park Offers Stress Relief*

The San Diego County Commission of Children, Youth and Families (CCYF) is presenting “Family Day in the Park” in Balboa Park on Saturday, Oct. 10 from 10 a.m. to 3 p.m. The event is designed to promote safe and healthy families, and provide a respite from everyday stress.

“Family Day in the Park’ is meant to provide a fun and educational outlet for families to enjoy some time together,” said Dianne Jacob, Chairwoman of the San Diego County Board of Supervisors. “This is an opportunity for families to put the stress of life behind them for a day and come spend some time together laughing and playing and creating positive interactions within their families.”

The event features a variety of local entertainers targeted toward children 12 years of age and under including karate demonstrations, musical performances and dance groups. There will also be carnival-style games and activities such as crafts and face painting.

More than 50 local non-profit agencies and area businesses will have informational booths with the goal of increasing the awareness of resources for San Diego families. “We want to provide a fun but educational atmosphere where families can find out about resources that can help them through these challenging economic times,” said Tonya Torosian, Executive Director of CCYF.

The San Diego County Board of Supervisors formed the CCYF 23 years ago to provide a leadership role in identifying and addressing the needs of children, youth and families. This event is co-sponsored by CCYF, First5 Commission, Promises2Kids Foundation, KPBS and the San Diego County Credit Union.

You can sign up for a booth or learn more about “Family Day in the Park” by contacting CCYF at (619) 338-2049 or www.sandiegoccyf.org.

###

For updates, please follow the County of San Diego Health and Human Services Agency by clicking below on Twitter, Facebook and YouTube.

