



COUNTY OF SAN DIEGO NEWS RELEASE

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CONTACT: Roseann Myers (858) 514-4616

PARENTING CONFERENCE ENCOURAGES “NURTURING THE WHOLE CHILD” *Fifth Annual Event Features Workshops, Learning and Networking Opportunities*

The San Diego County Commission on Children, Youth and Families (CCYF) will sponsor the fifth annual parenting conference, “Nurturing the Whole Child,” 9 a.m. to 2 p.m. on Saturday, March 4 at the Scottish Rite Center, 1895 Camino del Rio South, in San Diego.

“It’s both rewarding and challenging to raise a child,” said County Board of Supervisors Chairman, Bill Horn. “This event gives parents a chance to learn from experts and talk to each other about what works and what could work better. I’m pleased that we’re able to offer this supportive event to parents and caregivers in San Diego County.”

The conference will feature 12 workshops in Spanish and English, and provides a great chance for parents, with children of any age, to learn new skills and increase their understanding of child and youth development, along with other parents who have similar issues and concerns.

Keynote speaker is Azim Khamisa, Chairman and CEO of the Tariq Khamisa Foundation, whose opening address is titled “From Conflict to Brotherhood and Unity.” Closing speaker is Heather Shepard, parent advocate and steering committee member, Coalition on Children and Weight San Diego, who will discuss “Creating Healthy Families: One Parent’s Perspective on the Struggles, Choices and Successes.”

“We had more than 300 participants in 2005, and we expect to build on last year’s success,” said Roseann Myers, Executive Director of the County’s Commission on Children, Youth and Families (CCYF), which is organizing the conference. The evaluations from participants last year emphasized how helpful the conference was in improving their knowledge of parenting.

Cost for the conference is \$5. For information on registration, please call (858) 514-4660.

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