

Pechanga Tribal TANF

Counseling Services

Individual | Couples | Family

Where: TANF Offices in the Recreation Center

When: Wednesdays 10 AM - 5 PM and Fridays 12 PM - 5 PM

Children can...

- Learn to set goals and make decisions
- Manage their feelings (stress, anger, etc.)
- Get help with peer pressure and bullying
- Work out friendship problems
- Learn to work well with others

Parents can....

- Explore ways to help your child succeed
- Improve parent-child communications
- Understand developmental changes of childhood
- Get information to help understand your child's needs

If you have questions or would like to make an appointment, please contact:

Pechanga Tribal TANF

 951-770-6164

 schaloux@pechanga-nsn.gov

