SUPPORT GROUP

1st week of the month: Mindfulness and Stretching to Relieve Tension

2nd week of the month: Fostering Resilience in Stressful Times

3rd week of the month: Demystifying Services

4th week of the month: Resources for When You’re Home

Support for Families, 1663 Mission Street, Suite 700, San Francisco, CA 94103
supportforfamilies.org

UCSF PARENT ROUND TABLE

Join Meghan Elliot (UCSF Parent Liaison) and Myrna Little (Spanish Speaking Family Resource Specialist-Support for Families) for parent-to-parent conversation and support.

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JOIN VIA ZOOM
@https://zoom.us
Meeting ID: 838 1570 3918
Password: 849089

Facilitated in English and Spanish. Interpretation in other languages may be available upon request.