



## SUPPORT GROUP

EVERY  
THURSDAY

1:00-2:00PM

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

## 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.

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**

### For more info:

- Email or call: [supportgroups@supportforfamilies.org](mailto:supportgroups@supportforfamilies.org), 415.920.5040

Support for Families, 1663 Mission Street, Suite 700, San Francisco, CA 94103  
[supportforfamilies.org](http://supportforfamilies.org)

JOIN VIA ZOOM

@<https://zoom.us>

Meeting ID:

**838 1570 3918**

Password: **849089**

