



**SUPPORT FOR FAMILIES
OF CHILDREN WITH DISABILITIES**
EDUCATION • EMPOWERMENT • EQUITY

January-March PROGRAM GUIDE 2023





WHO WE ARE

For 40 years, Support for Families has provided life-changing information, education, and parent-to-parent support services free of charge to San Francisco families whose children (aged birth to 26) have any kind of disability or special health care need. We empower families who have concerns about their child's development, are completing assessments, have received a diagnosis, and/or are navigating services.

Support for Families also provides training, coaching, and technical assistance to professionals who work with families, and actively works towards a more coordinated, family-friendly network of services.

HOW WE HELP FAMILIES

- Family Support and Service Navigation
- Support Groups
- Information and Resources
- Fun Family Events
- Parent Mentor Program
- Parenting Classes and Support
- Workshops & Trainings

Services are FREE to families in San Francisco and are offered in English, Spanish, Cantonese and other languages.

Website:

www.supportforfamilies.org

General: (415) 282-7494

Warmline: (415) 920-5040



FAMILY WORKSHOPS WEBINARS

The Lanterman Act: Understanding and Accessing Services for your Family	1/13/23 12-1pm	https://supportforfamilies.zoom.us/j/83852186188? pwd=T2NNV2MzeWQ3WXgyUGt4UmJ6KzJldz02
The Lanterman Act: Understanding and Accessing Services for your Family (In Cantonese)	1/20.23 12-1pm	https://supportforfamilies.zoom.us/meeting/r egister/tZUffuyuqT4jGda5Xfglk1x8zKfEvAT2AaUy
The Lanterman Act: Understanding and Accessing Services for your Family (In Spanish)	1/20/23 12-1PM	https://supportforfamilies.zoom.us/meeting/r egister/tZcvde6prD8vFtbLC1dK4y4DeuXvON AQYJ4C
Exploring Services and Support for your Child Birth to Age Five (GGRC/ SFUSD)	1/27/23 12-1pm	https://supportforfamilies.zoom.us/meeting/r egister/tZUsdeqqrDMjE9FiLaa9sVezHqX6acs4l F-a
What is Developmental Screening and why is it important?	2/3/23 12-1PM	https://supportforfamilies.zoom.us/meeting/r egister/tZctcuytqjloGNlh56uMBqdjrTANBBQhY sKz
Inspiration for Building a Relationship with your Child's School	2/10/23 12-1PM	https://supportforfamilies.zoom.us/meeting/r egister/tZ0odumvpzgpHdcumaud1ifTggD59X 4ARV5R

All events subject to change. Visit www.supportforfamilies.org/event-calendar for most updated schedule.



Triple P Positive Parenting Program

Triple P Grupal Paso a Paso para familias con un niño o niña con una discapacidad

El programa Paso a Paso de Parentalidad Positiva (Triple P) es una series gratuita de 12 semanas que utiliza las cosas que ya dices, piensas, sientes y haces de nuevas maneras que:

- Aumentan los comportamientos que te gustan
- Tratar de manera positiva, consistente y decisiva con el comportamiento problemático
- Construye relaciones positivas con tus hijos
- Planifique con anticipación para evitar o manejar situaciones potencialmente difíciles
- Cuidarte como padres
- Dirigido a padres y tutores con niños de 2-12 anos

Serie gratuita de 12 semanas presentado en combinación de en persona y virtual

13 de Enero- 14 de Abril, Viernes 10am-12:30pm *Se requiere registro avanzado para participar

January 13 @ 10:00 am - 12:30 pm

January 20 @10:00 am - 12:30 pm

January 27 @ 10:00 am - 12:30 pm

February 3 @ 10:00 am - 12:30 pm

February 10 @ 10:00 am - 12:30 pm

March 3 @ 10:00 am - 12:30 pm

March 10 @ 10:00 am - 12:30 pm

March 17 @ 10:00 am - 12:30 pm

March 24 @ 10:00 am - 12:30 pm

March 31 @ 10:00 am - 12:30 pm

April 7 @ 10:00 am - 12:30 pm

April 14 @ 10:00am - 12:30 pm

**Para obtener más información o para registrarse contacte a: Roxana Lopez
rlopez@supportforfamilies.org; (415) 920-5040 ext. 149**

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FOUNDATIONS OF INCLUSION COHORT (FOR PROFESSIONALS)

We have adapted our Foundations of Inclusion training to a cohort model of trainings. Professionals who commit to the Foundations of Inclusion Cohort will receive a series of trainings focused on inclusion and the laws that protect children and their students, partnering with families, supporting families with developmental screening and referrals to necessary supports, and how to create and implement child support plans. The goal of a new Foundations of Inclusion Cohort is to ensure that professionals feel confident in supporting children within their programs, decrease preschool suspensions and expulsions, and that all families and children feel a sense of inclusion and belonging. To Receive credit and professional development hours, participants must attend all trainings in the series & participate in follow up coaching with an SFCD Team member.

COHORT REGISTRATION:

For those who would like to register for the full cohort series, please fill out the questionnaire and register at the link below:

<https://supportforfamilies.zoom.us/j/84567890123>

Questions?

Email info@supportforfamilies.org

WINTER COHORT SCHEDULE

Welcome Orientation!

Wednesday, January 4th- 5:00pm-6:00pm

Part 1: Diversity, Equity & Inclusion in ECE

Wednesday, January 11th-5:00pm-7:00pm

Part 2: Disabilities Rights Laws in ECE— w/ Childcare Law Center

Wednesday, January 25th-5:00pm-7:00pm

Part 3: Developmental Screening: Why is it important and engaging families in the process

Wednesday, February 8th-5:00pm-7:00pm

Part 4: Having Difficult Conversations with Families

Wednesday, February 22nd-5:00pm-7:00pm

Part 5: Universal Design for Learning & Using Visual Aids to Support All Children

Wednesday, March 8th-5:00pm-7:00pm

Part 6: How to Create & Implement Individualized Support plans

Wednesday, March 22nd -5:00pm-7:00pm

• COHORT DETAILS:

- Cohorts offered 3x per year in English (Spanish and Cantonese interpretation provided)
- The series will consist of Six- 2-hour webinars and a 1-hour orientation
- Participants must commit to attend all six trainings within the series to receive professional development hours and certificate
- Participants will receive 10 hours of 1:1 or small group coaching
- Inclusion Plans will be developed ongoing & implemented with support of a SFCD Team member

www.supportforfamilies.org

1663 Mission Street, Suite 700, San Francisco, CA 94103

All events subject to change. Visit www.supportforfamilies.org/event-calendar for most updated schedule.



SUPPORT GROUPS

Autism Parent Support Group

4th Mondays; 6:30-8:30 pm

Adult Services and Transition

1st Mondays; 6:30-8:00 pm

3rd Mondays; 6:30-8:00 pm

Black Families Support Group

1st and 3rd Tuesdays; 4:00-5:30pm

Cantonese-Speaking Parent Group

2nd Saturdays; 1:00-3:00 pm

Chinatown Child Development Center (CCDC) Group

3rd Mondays; 2:00-3:30 pm

Prader-Willi Parent Group

Biannually, Saturdays; 10:30am-1:30pm on April 1 and September 9

Spanish-Speaking Parent Group

Every Wednesday; 10:00-12:00 pm

Mental Health Support Group (Spanish)

3rd Mondays; 10:00-12:00pm

Families of Children with Dyslexia Support Group

1st Mondays; 7:00-8:30pm

Conversation & Social Club for Transition & Young Adult AAC Users

Every Monday; 4:30-5:30pm



SPECIAL EVENTS

農曆新年慶典 (Lunar New Year)-日期待定

**Family Voices of CA HEALTH SUMMIT- March 6 and
March 7 (9am-1:30pm)**

Rhythm for All: Virtual Family Drumming Night -

Every Tuesday; 5:30pm-6:15pm: [Register Here](#)

Information and Resource Conference-March 18



SUPPORT FOR FAMILIES
EDUCATION • EMPOWERMENT • EQUITY

**INFORMATION AND RESOURCE
CONFERENCE 2023**



**MARCH
18**

IN PERSON AGAIN



IEP CLINICS

Individualized Education Program (IEP) Clinics

Presented by SFCD. Offered in English, Spanish and Cantonese. Learn about Special Education law, the IEP process, what to do when things aren't working, and how to become a more active and effective team member.

To register, please call our Warmline at 415-920-5040, email info@supportforfamilies.org, or click the registration links below.

Presented in Cantonese: 1st Thursdays; 6-7:00pm

Presented in English: 2nd Thursdays; 4-6:00pm

Presented in Spanish: 3rd Thursdays; 4-6:00pm

[點擊這裡登記粵語IEP講座](#)

[Click here to register for the English IEP Clinic](#)

[Haga clic aquí para registrarse a la Clínica de IEP en español](#)



JAN

January 4 @ 6:00pm-7:00pm: Webinar: Dental Visit Preparation Part 2 of 2 Presented in English, interpretation available

January 5 @ 5:30pm-7:30pm: Webinar: Introduction to ASQ-3 Part 1 of 2 (Cantonese)/簡介ASQ-3 第 1 部分
與我們一起參加ASQ-3簡介。這個網絡研討會使用廣東話。 **Join us for Introduction to ASQ-3 training. This webinar is entirely in Cantonese.** 參與者將了解發展篩查的重要性和價值，以及如何對 ASQ3 進行評分和跟進。

January 6 @ 5:30pm-7:30pm: Webinar: Introduction to ASQ-3 Part 2 of 2 (Cantonese)/簡介ASQ-3 第 2 部分
與我們一起參加ASQ-3簡介。這個網絡研討會使用廣東話。 **Join us for Introduction to ASQ-3 training. This webinar is entirely in Cantonese.** 參與者將學習如何確定讓家庭參與篩查的策略，以及如何將 ASQ3 作為您提供的服務的一部分。

January 12 @ 4:00pm-6:00pm Virtual Individualized Education Program (IEP) Clinics (English)

January 12 @ 5:30pm-7:30pm: Webinar: Introduction to ASQ SE-2 Part 1 of 2 (Cantonese)/簡介 ASQ SE-2 第 1 部分
年齡和階段問卷：社交情感簡介，第二版（ASQ：SE-2），兩部分中的第一部分。這培訓為兩個小時的網絡研討會將介紹發展檢查的好處以及ASQ：SE-2的一些關鍵功能。參與者將學習如何進行評分和跟進。

January 13 @ 12:00pm-1:00pm: Family Webinar Series: The Lanterman Act – Understanding and Accessing Services for your Family (English Only) In this workshop, we will explore regional center services, with special attention to the Lanterman Act. We will discuss the history of this groundbreaking legislation, as well as the processes, supports and services potentially available from the regional center, beyond a child's third birthday.

January 13 @ 5:30pm-7:30pm: Webinar: Introduction to ASQ SE-2 Part 2 of 2 (Cantonese)/簡介 ASQ SE-2 第 2 部分
這是“ASQ-SE2簡介”（分為2部分）系列的第二部分。在此網絡研討會中，參與者將學習如何與家長溝通社交情感發展檢查的好處，如何完成ASQSE2以及與家人討論結果的策略。

January 19 @ 4:00pm-6:00pm Virtual Individualized Education Program (IEP) Clinics – Spanish

January 20 @ 12:00pm-1:00pm: Serie de seminarios web familiares: La Ley Lanterman – Comprender y acceder a los servicios para su familia. En este taller, exploraremos los servicios del centro regional, con especial atención a la Ley Lanterman. Discutiremos la historia de esta innovadora legislación, así como los procesos, apoyos y servicios potencialmente disponibles en el centro regional, después del tercer cumpleaños del niño/a.



JAN continued

January 20 @ 12:00pm-1:00pm: 家庭網絡研討會系列: 蘭特曼法案 – 了解和獲得適合您家人的服務 (Cantonese only)

January 20 @ 6:00pm-7:00 pm: **Ask the Right Questions** Presented in English only. Join us to learn more about how we, as parents, can ask the right questions in professional settings. As parents we support, monitor, and advocate for our children. Asking the right questions can unlock critical information needed to advocate effectively for your child.

January 21 @ 10:00am-11:00am **Kidpower presenta: Parent power – Protege a los niños con necesidades especiales del bullying y el abuso** Presentado solo en español. Este es un taller en línea en el que los adultos podrán aprender habilidades para ayudar a los niños con necesidades especiales, a protegerse ante el bullying, el abuso y otros daños.

January 23 @ 6:30pm-7:30pm **Kidpower presents: Parent power – Protecting Youth with Special Needs from Bullying and Abuse** Presented in English with Cantonese interpretation available. In this adults-only online workshop, learn how to help young people with special needs be safe from bullying, abuse, and other harm.

January 26 @ 6:00pm-7:00pm: **La Crianza Positiva** Presentado solo en español. Cubriremos consejos útiles para la crianza positiva que fomentan el desarrollo social y emocional saludable de su hijo/a, mejoran la conexión que tiene con ellos a medida que crecen y maduran, y reducen la aparición de comportamientos difíciles. Los participantes se irán con una lista de recursos locales y en línea que ofrecen apoyo adicional para los padres.

January 27 @ 12:00pm-1:00pm: **Family Webinar Series: Exploring Services and Supports for Your Child** (GGRC/SFUSD) Presented in English with Cantonese and Spanish interpretation available upon request. This workshop helps families understand the processes around accessing early intervention services through our local regional center.

January 28 @ 10:00am-11:30am: **Family Workshop-Addressing Challenging Behaviors Using ABA** Presented in English with Cantonese and Spanish interpretation available upon request. This workshop will focus on strategies to address problem behaviors in the home and school setting, using Positive Behavior Supports and other ABA principles.

January 30 @ 1:00pm-2:00pm: **Seminario web: Introducción al ASQ-3 Parte 1 of 4** (español)

January 30 @ 6:00-7:00pm **Positive Parenting** Presented in English only. This workshop will cover helpful tips for positive parenting that will support the healthy social-emotional development of your child, increase the connection you have with them as they grow and mature and reduce the occurrence of challenging behavior.

January 31 @ 1:00pm-2:00pm: **Seminario web: Introducción al ASQ-3 Parte 2 of 4** (español)



FEB

February 1 @ 1:00pm-2:00pm: **Seminario web: Introducción al ASQ-3 Parte 3 of 4 (español)**

February 2 @ 1:00pm-2:00pm: **Seminario web: Introducción al ASQ-3 Parte 4 of 4 (español)**

February 3 @ 12:00pm-1:00pm: **Family Webinar Series: What is Developmental Screening and Why is it Important?** Presented in English with Cantonese and Spanish interpretation available upon request. This workshop helps families understand developmental screening and its benefits, with a specific focus on the ASQ-3 and ASQ:SE-2.

February 6 @ 1:00pm-2:00pm: **Webinar: Introduction to ASQ-3 Part 1 of 4 (English)**

February 7 @ 1:00pm-2:00pm: **Webinar: Introduction to ASQ-3 Part 2 of 4 (English)**

February 8 @ 1:00pm-2:00pm: **Webinar: Introduction to ASQ-3 Part 3 of 4 (English)**

February 8 @ 6:00pm-8:00pm **Parent Empowerment Institute Presents**

February 9 @ 1:00pm-2:00pm: **Webinar: Introduction to ASQ-3 Part 4 of 4 (English)**

February 9 @ 4:00pm-6:00pm **Virtual Individualized Education Program (IEP) Clinics – English**

February 10 @ 12:00pm-1:00pm: **Family Webinar Series: Inspiration for Building a Relationship with Your Child's School** Presented in English with Cantonese and Spanish interpretation available upon request. Whether your child is just starting school or has been attending for years, this workshop provides helpful tips.

February 11 @ 10:00am-11:00am: **Approaching AAC for Parents and Professionals** Presented in English with Cantonese and Spanish interpretation available. This workshop will give you a foundational understanding of what Augmentative and Alternative Communication (AAC) technology or 'aided language' is, the power of core vocabulary, and ways to start immersing non-verbal students in accessible language-rich environments and experiences.

February 13 @ 1:00pm-2:00pm: **Seminario web: Introducción al ASQ SE-2: Parte 1 of 4 (español)**

February 13 @ 6:00pm-7:00pm: **Skills for Effective Parent Advocacy** Presented in English only. This workshop will provide families some helpful tips to effectively advocate for their child and provide professionals with strategies to assist families in better advocating on behalf of their children.



FEB continued

February 14 @ 1:00pm-2:00pm: **Seminario web: Introducción al ASQ SE-2: Parte 2 of 4 (español)**

February 15 @ 1:00pm-2:00pm: **Seminario web: Introducción al ASQ SE-2: Parte 3 of 4 (español)**

February 15 @ 1:00pm-3:00pm: **Webinar: Supporting Children's Sensory Needs**

Learn more about the different components of and classroom strategies to promote sensory-integration.

February 18 @ 10:00am-11:00pm: **Emergency Preparedness** Presented in English only. Join us for a workshop that helps all people take charge of their own emergency preparation by providing tools and instruction that are used easily in their homes.

February 21 @ 1:00pm-2:00pm: **Webinar: Introduction to ASQ SE-2 Part 1 of 4 (English)**

February 22 @ 1:00pm-2:00pm: **Webinar: Introduction to ASQ SE-2 Part 2 of 4 (English)**

February 23 @ 1:00pm-2:00pm: **Webinar: Introduction to ASQ SE-2 Part 3 of 4 (English)**

February 23 @ 6:00pm-7:00pm: **Preparación para emergencias** Presentado solo en español. Durante este seminario web: 1) Aprenda a trabajar con el equipo del IEP de su hijo para crear un plan de emergencia individual. 2) Practique historias sociales para ayudar a su hijo a saber qué hacer si hay una emergencia en la escuela. 3) Complete un documento Grab and Go que pueda quedarse con su hijo en caso de una emergencia.

February 24 @ 1:00pm-2:00pm: **Webinar: Introduction to ASQ SE-2 Part 4 of 4 (English)**

February 27 @ 6:00pm-7:00pm **IEP Workshop (English)**

February 28 @ 1:00pm-3:00pm: **Webinar: Supporting Families with Considering Evaluations and Referrals** (GGRC/ SFUSD). Please join us for this upcoming training for educators, to learn more about the importance of inclusion in early childhood education, as well as disability rights and laws.



March

March 1 @ 1:00pm-3:00pm: Webinar: Having Difficult Conversations with Families

For educators: Learn more about preparing for meetings with families regarding developmental concerns. We will especially focus on establishing collaborative relationships with families.

March 8 @ 6:00pm-8:00pm: Parent Empowerment Institute Presents: IEP's Myths and Facts with Deb Ettinger, Partner at AALRR Presented in English with Cantonese and Spanish interpretation available upon request.

March 9 @ 4:00pm-6:00pm: Virtual Individualized Education Program (IEP) Clinics – English

March 15 @ 1:00pm-3:00pm: Webinar: Promoting Self-Regulation in Early Childhood

Please join us for this upcoming webinar to review self-regulation and its importance in child development, and to become familiar with sensory supports for self-regulation and helpful tips.

March 16 @ 4:00pm-6:00pm: Virtual Individualized Education Program (IEP) Clinics – Spanish

March 18 @ 10:00am-4:00pm: INFORMATION AND RESOURCE CONFERENCE, a full day of workshops for both parents and professionals in English, Spanish, and Cantonese, visit supportforfamilies.org/IRC2023 for details



Most spring workshops
and clinics are
presented virtually on
zoom

Register at
supportforfamilies.org



**Did you know that FREE
services are available for
children with disabilities and
special healthcare needs who
qualify?**

Services can be accessed
through the Early Start Program,
Golden Gate Regional Center,
San Francisco Unified School
District, Department of
Rehabilitation, In Home
Supportive Services, and more.

**Many children with disabilities
and special healthcare needs
may qualify for Medi-Cal,
regardless of family income.**

Call us at (415) 920-5040 to get
help navigating these services.



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