



SUPPORT FOR FAMILIES

EDUCATION • EMPOWERMENT • EQUITY



SUPPORT GROUP

SOS CAREGIVER GROUP

**We are here for you and you are not alone!
Come to learn, share, and receive support during
difficult times and bring balance to your life!**

Our SOS support group is a space for parents & caregivers of children with disabilities to be in community. This group is co-facilitated by Roxana Lopez, our bilingual case manager & parent, & Karen Bohall-Ortega, clinical director, parent & licensed marriage & family therapist.

This 8 week-long group tackles some of the most challenging topics that we face as parents & caregivers- grief, anxiety, stress, feeling down, regulation, & maintaining hope. During each session, we will bring in coping strategies, discuss the topics outline & have meaningful discussion around our shared struggles, victories & needs.**Advanced registration is required for attendance.**

For more info:

- Roxana Lopez, rlopez@supportforfamilies.org
- Karen Bohall-Ortega, kbohallortega@supportforfamilies.org

Support for Families, 832 Folsom Street, Suite 1001, San Francisco, CA 94107
supportforfamilies.org

**EVERY
WEDNESDAY**

**JANUARY 17 -
MARCH 6**

11AM-12:30PM

Support for Families Office –
832 Folsom St. Suite 1001
San Francisco, CA 94107

REGISTER TODAY

bit.ly/3tmvzvq

Email or call:

**info@supportforfamilies.org,
415.920.5040**

 San Francisco Department of
Early Childhood