

TALK Line Family Support Center Weekly Calendar

Last Updated: 11/17/09

- NEW GROUP! **What About Me?** An 8-week women's group on exploring the critical inner voice. Mondays, 6:30-8 PM starting 11/23.
 - NEW!! **10-Week Triple P Parenting Group** on Wednesdays 2-4 PM starting on November 18th. Enroll at ext. 423
 - **Discipline-Setting Limits for parents of children 7-11:** Next 6-week cycle begins January 13th. Enroll at 415
- ➔ **CHANGE IN PLAYROOM HOURS:** The Playroom will open at 10 AM, Monday-Thursday
Starting 8/19/09, Playroom will be closed to drop-in and appointments from 9am-12pm, Wednesdays/Thursdays for CCSF class.

	Monday	Tuesday	Wednesday	Thursday
Morning (9am-12pm)	<u>Parent Drop-in</u> 9am-2pm	<u>Parent Drop-in</u> 9am-2pm <u>Parenting Support Group</u> 11:30am-12:30pm	<u>Parent Drop-in</u> 9am-2pm <u>CCSF Child Observation Class</u> 9:30am-12pm	<u>Parent Drop-in</u> 9am-2pm <u>CCSF Child Observation Class</u> 9:30am-12pm
Afternoon (12 - 5pm)	<u>Parent Drop-in</u> 9am-2pm <u>AA Meeting</u> 12:30-1:30pm <u>Family Time for Parents, Caregivers & Kids</u> 1:30-2:30pm <u>Adult Women Survivors of Child Abuse Support Group</u> 4:00- 5:00pm	<u>Parent Drop-in</u> 9am-2pm	<u>Parent Drop-in</u> 9am-2pm <u>Triple P Parenting Group</u> * 2:00-4:00pm <i>Enroll at ext. 423</i> 10 sessions starting 11/18/09 <u>AA Meeting</u> 4:30-5:30pm	<u>Parent Drop-in</u> 9am-2pm <u>Parenting Skills Workshop (0- 5)</u> * 12:45-2pm <i>Enroll ext. 326</i> <u>AA Meeting</u> 2:15-3:15pm
Evening (5 - 8pm)	<u>Parent Drop-in</u> 5:00-7:00pm <u>What About Me? *</u> (For women) 6:30-8pm <i>Enroll at ext. 339 or ext. 347</i> <u>Anger Management*</u> 7:00- 8:15pm <i>Enroll ext. 303</i>	<u>Family Dinner*</u> 5:15-6:00pm <i>Enroll ext. 420</i> <u>Single Parent Network</u> 6:00- 8:00pm	<u>Discipline--Setting Limits *</u> 5-6:00pm <i>Enroll ext. 415</i> 6 sessions from 1/13 to 2/17 <u>NA Meeting</u> 7:00-8:15pm	

TALK Line Family Support Center Support Groups - To enroll*, call (415) 387-3684

Adult Women Survivors of Child Abuse Support Group

For women survivors of physical, emotional and sexual abuse. We will support members to learn from the past, gain useful tools to help improve their quality of life and to create positive homes for their children. Support for and of each other is part of the healing process

Mondays, 4:00 - 5:00 PM, Led by Laurie Gerlach. For questions call 415-939-1829

Anger Management Classes for Parents* *Enroll at ext. 303*

A Safe space to explore self-defeating behaviors. Gain the skills, tools, and models to recognize, understand, and learn from your anger.

10/19/09-12/14/09: Parents & Teens

Mondays, 7:00 - 8:15 PM, Led by Charles Rogers & Kelvin Potts

CCSF Child Observation Class (15 mos-Kinder)* *Enroll through CCSF*

Bring your child to socialize with other children, connect with other parents/caregivers, learn about child development and have fun!

Wednesdays, 9:30 AM - 12:00 PM, Led by Tracy Burt, Voicemail 415-452-7171

Thursdays, 9:30 AM - 12:00 PM, Led by Susan Rahman, Voicemail 415-701-2716

Discipline--Setting Limits 6-Week Group* *Enroll at ext. 415*

For parents of children ages 7-11. Discipline is about learning, not punishment, and it's not easy. Tutoring & homework help available for children of parents participating in group.

Wednesday 1/13 to 2/17, 5:00 - 6:00 PM, Led by Joyce Sabel

Family Dinner* *Enroll by calling the Playroom at ext. 420*

Come enjoy dinner with your kids and other families. Space is limited.

Tuesdays, 5:15 - 6:00 PM, Led by Helena Edwards

Family Time for Parents/Caregivers and Kids

Time for parents/caregivers to engage in quality play with their children in our Children's Playroom.

Mondays, 1:30 - 2:30 PM, Led by Playroom staff

Parenting Skills Workshop (Ages 0-5)* *Enroll at ext. 326*

An education and support group for parents with children ages 0-5.

Thursdays, 12:45 PM - 2:00 PM, Led by Carol Davison

Parenting Support Group

A group for parents to give and receive support.

Tuesdays, 11:30 AM - 12:30 PM, Led by Carol Davison (ext. 326)

Single Parent Network

Individual and group support for single parents. Calendar of topics available.

Tuesdays, 6:00 - 8:00 PM, Led by Steve Abrams (ext. 330) & Carol Davison (ext. 326)

Triple P Parenting Group* *Enroll at ext. 423*

10 week parenting skills group for parents with children 2-12 who struggle with managing their child's challenging behaviors and their own anger. Parents involved with CPS are encouraged to attend to meet requirements for parenting classes. Dates: 11/18, 11/25, 12/2, 12/9, 12/16, 1/6, 1/13, 1/20, 1/27, 2/3

Wednesdays, 2:00 - 4:00 PM, Led by Helena Edwards, Heather Pitre & Jacky Bloom

What About Me? * *Enroll at ext. 339 or ext. 347*

An 8-week women's therapy group to explore the critical inner voice. Dates: 11/23, 11/30, 12/7, 1/4, 1/11, 1/18, 1/25, 2/1

Mondays, 6:30 - 8:00 PM, Led by Angela Dotson (ext. 339) & Zoe Strauss (ext. 347)

12-Step Groups

AA Meetings: Mondays 12:30-1:30pm, Wednesdays 4:30-5:30pm, Thursdays 2:15-3:15pm;

NA Meeting: Wednesdays 7:00-8:15pm