

# TALK Line Family Support Center Weekly Calendar

Last Updated: 3/4/10

- **NEW GROUP! Early Literacy Group** A 10-week group of fun activities for toddlers 12-48mo. Wednesdays, 1-1:45 PM starting 01/27
- **10-Week Triple P Parenting Group** A group promoting positive parenting starting 3/10 (last day to enroll 3/17) call ext. 423 to enroll
- **14-Week Anger Management** New group forming in mid-June for couples call ext. 303 to enroll
- **8-Week Group *What About Me?*** New group is starting 3/22 call ext. 339 or 347 to enroll
- **Parents of Adolescents 4-Week Workshops.** First series from 3/17 to 4/7, Second series from 4/14 to 5/5. Call ext. 315 to enroll

	Monday	Tuesday	Wednesday	Thursday
<b>Morning (9am-12pm)</b>	<u>Parent Drop-in</u> 9am-2pm <u>Playroom (drop-in)</u> 10am-2pm	<u>Parent Drop-in</u> 9am-2pm <u>Playroom (drop-in)</u> 10am-2pm  <u>Parenting Support Group</u> 11:30am-12:30pm	<u>Parent Drop-in</u> 9am-2pm <u>Playroom (drop-in)</u> 10am-2pm	<u>Parent Drop-in</u> 9am-2pm  <u>CCSF Child Observation Class</u> 9:30am-12pm
<b>Afternoon (12 - 5pm)</b>	<u>Parent Drop-in</u> 9am-2pm <u>Playroom (drop-in)</u> 10am-2pm  <u>AA Meeting</u> 12:30-1:30pm  <u>Family Time for Parents, Caregivers &amp; Kids</u> 1:30-2:30pm  <u>Adult Women Survivors of Child Abuse Support Group</u> 4pm-5pm	<u>Parent Drop-in</u> 9am-2pm <u>Playroom (drop-in)</u> 10am-2pm	<u>Parent Drop-in</u> 9am-2pm <u>Playroom (drop-in)</u> 10am-2pm  <u>Early Literacy Group</u> 1-1:45pm  <u>Triple P Parenting Group *</u> 2-4pm <i>Enroll at ext. 423</i>  <u>AA Meeting</u> 4:30-5:30pm	<u>Parent Drop-in</u> 9am-2pm <u>Playroom (drop-in)</u> 12-2pm  <u>Parenting Skills Workshop (0- 5) *</u> 12:45-2pm <i>Enroll ext. 326</i>  <u>AA Meeting</u> 2:15-3:15pm
<b>Evening (5 - 8pm)</b>	<u>Parent Drop-in</u> 5-7pm <u>Playroom (drop-in)</u> 5-7pm  <u>What About Me?*</u> (For women) 6:30-8pm Enroll at <i>ext. 339 or ext. 347</i>  <u>Anger Management*</u> 7pm-8:15pm <i>enroll at ext. 303</i>	<u>Family Dinner*</u> 5:15-6pm <i>Enroll ext. 420</i>  <u>Single Parent Network</u> 6pm-8pm	<u>Discipline--Setting Limits *</u> 5-6pm <i>Enroll ext. 415</i>  <u>Parents of Adolescents*</u> 6:15-7:30pm <i>Enroll ext. 315</i>  <u>NA Meeting</u> 7-8:15pm	

## 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. Dates: TBD0

**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!

**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.

**Wednesdays 5:00 - 6:00 PM, Led by Joyce Sabel**

### **Early Literacy Group**

A 10-week series for toddlers 12-48mo. and their caregivers to engage in fun and stimulating activities to promote early literacy and reading awareness for toddlers.

**Wednesdays 1/27 to 3/31, 1:00-1:45pm, Led by Rhea Mistades. For questions call ext. 425**

### **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**

### **Parents of Adolescents\*** Enroll at ext. 315

4-week workshop for parents. First series 3/17-4/7, Second series 4/14-5/5. .

**Wednesdays, 6:15-7:30 PM, Led by Terry Dick ext. 315**

### **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: TBD

**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: TBD

**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