



TALK LINE
FAMILY SUPPORT CENTER

Weekly Calendar

	Monday	Tuesday	Wednesday	Thursday
Morning (9am-12pm)	Parent Drop-In 9:00am-2:00pm	Parent Drop-In 9:00am-2:00pm	Parent Drop-In 9:00am-2:00pm	Parent Drop-In 9:00am-2:00pm
	Children's Playroom (drop-in) 10:00am-2:00pm	Children's Playroom (drop-in) 10:00am-2:00pm	Children's Playroom (drop-in) 10:00am-2:00pm	Children's Playroom (drop-in) 10:00am-2:00pm
	Triple P Parenting Group* 10:00am-12:00pm	Mindful Parenting Group 11:00am-11:55am	Parenting School-Age Children* 11:00am-12:30pm	Free Baked Goods (drop-in) availability varies
Afternoon (12pm-5pm)	Free Baked Goods (drop-in) availability varies		AA Meeting 4:00pm-5:00pm	
Evening (5pm-8pm)		Family Dinner 5:15pm-6:00pm Single Parent Network 6:00pm-8:00pm	Parent Call-In (appt. only)* 5:00pm-7:00pm	Digital Storytellers* 5:00pm-7:00pm

* **Enrollment/appointment required**; call **415.387.3684** to enroll in a group or schedule a PCI appointment. **Childcare available.**

Important: During Parent Drop-In hours, please note that the Parent Drop-In area is a parent only space. If you plan to bring your child with you during these hours, please note Playroom hours above. Thank You!



Parent Drop-In (PDI)*

Take a break, share feelings and concerns with other parents or simply relax while your child plays in our Playroom. Talk to a counselor. Receive access to a phone; computer; and printer, fax, and copier services for important documents.

Parent Call-In (PCI)*

Make a one-time appointment to talk to a counselor whether this is your first time here or you are a regular (available Wednesdays, 5:00pm or 6:00pm).

Groups Offered:

AA Meeting

Wednesdays, 4:00pm – 5:00pm

Digital Storytellers*

Thursdays, 5:00pm – 7:00pm

A children's group that aims to cultivate and strengthen social and emotional competency in children through digital storytelling. During the 10 weeks, children will work together as a group to create a story and make a movie.

Led by Lisa Quach & Katie Bilsky, Enroll ext. 309

Mindful Parenting Group

Tuesdays, 11:00am-11:55am

Join us & other parents to learn new ways to manage stress through meditation & breathing exercises.

Led by Joyce Sabel, Ext. 415 for details

Parenting School-Age Children*

Wednesdays, 11:00am – 12:30pm

A support group for parents of children 6-11 years old.

Led by Daphne Humes & Emily onelli-Padow, Enroll ext. 411

Single Parent Network

Tuesdays, 6:00pm – 8:00 pm

Individual and group support for single parents.

Led by Gail Whittington & Pippa Gordon, Ext. 330 for details

Triple P Parenting Group*

Mondays, 10:00am – 12:00pm

12-week parenting skills group for parents with children 2-12 to understand the way your family works and use the things you already say, think, feel, and do so you can reach new goals for your family. Refreshments provided.

Led by Molly Jardiniano, Enroll ext. 406