



 APOYO A LAS FAMILIAS
SUPPORT FOR FAMILIES
家庭支援中心

WINTER 2026 PROGRAM GUIDE





Stop by our office:

832 Folsom Street, Suite 1001
San Francisco, CA 94107



FROM POWELL ST STATION

Walk southeast on 5th St for 3 blocks
Turn left on Folsom St

Public Transportation to Powell St Station

Local Bus: 5, 6, 7, 8, 9, 15, 21, 27, 30, 31, 45

Rapid Bus: 5R, 9R

Express Bus: 7X, 8AX, 8BX, 81X

BART: B (Dublin-Daly City), Y (Antioch-Millbrae), G (Berryessa-Daly City), R (Richmond-Millbrae)

MUNI Railway: J, N, K, M, S

FROM YERBA BUENA / MOSCONE STATION

Walk southeast on 4th St
Turn right on Folsom St

Public Transportation to Yerba Buena / Moscone Station

Local Bus: 8, 12, 30, 45

Express Bus: 8AX, 8BX

MUNI Railway: T

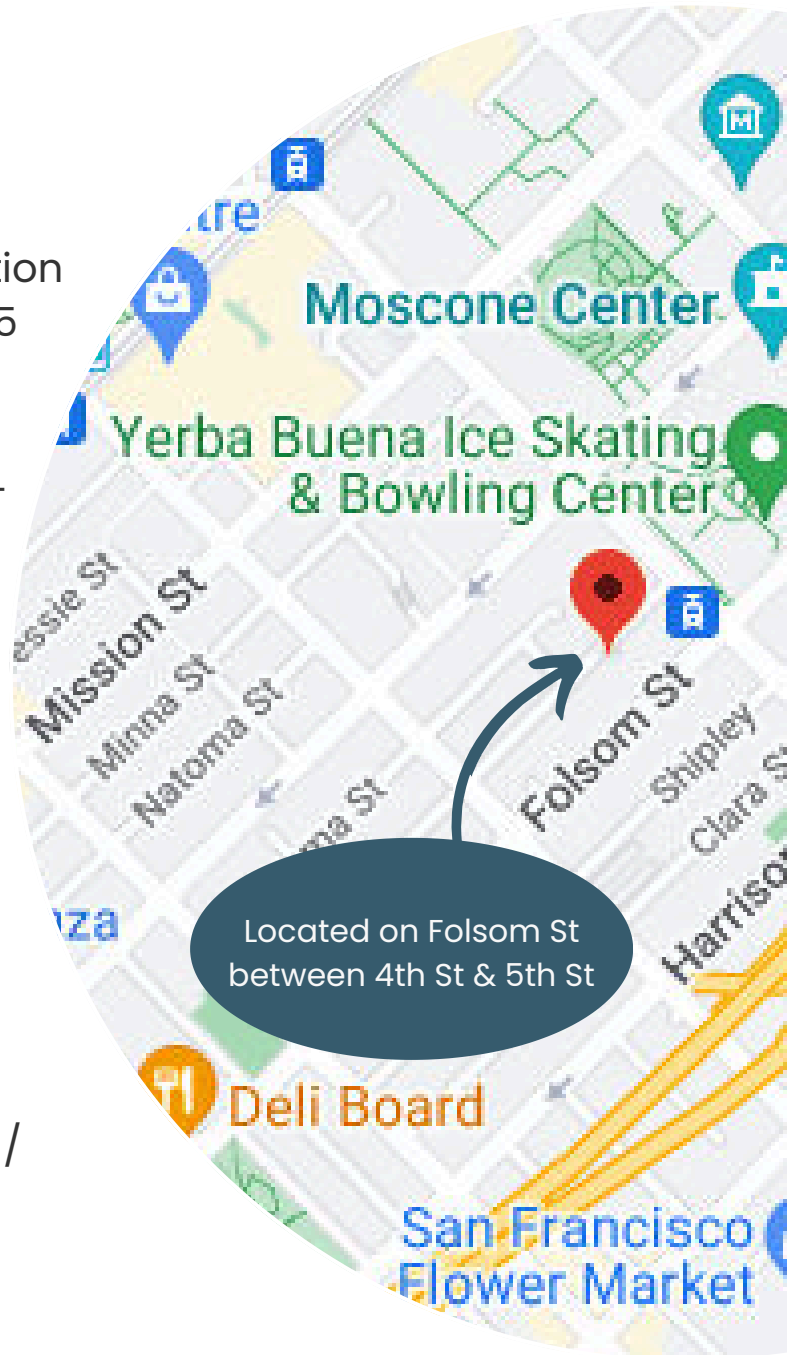


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WHO WE ARE

For over 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 serve families, and we work 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



FREE services for families in San Francisco offered in English, Spanish, Cantonese and other languages.

Website:

www.supportforfamilies.org

General: (415) 282 - 7494

Information and Intake Line:

(415) 920-5040

SUPPORT GROUPS

Adult Services and Transition [English]

1st Mondays; 6:30 pm – 8:00 pm
3rd Mondays; 6:30 pm – 8:00 pm

Autism Parent Support Group [English]

2nd Mondays (ages 0–9);
7:00 pm – 8:30 pm
4th Mondays (ages 10+);
6:30 pm – 8:30 pm

Chinese-Speaking Parent Support Group (华语家长支持小组) [Cantonese]

In partnership with Chinatown
Child Development Center
3rd Mondays; 2:00–3:30 pm

Spanish-Speaking Autism Parent Support Group [Spanish]

2nd Mondays; 10:30am–12:00pm

Families of Children with Dyslexia Support Group [English]

in partnership with Decoding
Dyslexia CA

1st Mondays; 7:00–8:30 pm

Play, Learn, Connect [Spanish]

Weekly Monday 3:00–4:00pm

Self-Determination Program Support Group [English]

3rd Wednesdays; 6:30–8:00pm

Self-Determination Program Support Group [Spanish]

3rd Thursdays; 6:30–8:00pm

Spanish-Speaking Families of Children with Mental Health Concerns Support Group [Spanish]

In partnership with NAMI
1st Thursdays; 6:30 pm – 8 pm

Spanish-Speaking Parent Support Group [Spanish]

Every Wednesday;
10:00 am – 12:00 pm

Support Group for Families Served by the Golden Gate Regional Center [Spanish]

2nd Fridays ; 10:00 am – 11:30 am



Individualized Education Program (IEP) Clinics

Our monthly IEP clinics provide an expanded learning opportunity that includes time to provide individual support and an opportunity for group questions and discussion.

This educational session is designed for families and professionals to:

- Understand the Individuals with Disabilities Education Act (IDEA)
- Learn about the IEP process and its key components
- Review sections of the IEP and what they mean for your child
- Get practical advocacy tips to support your child's education
- Access resources and tools for navigating special education

To register, please call our Information and Intake Line at (415) 920-5040, email info@supportforfamilies.org, or click the registration links below.



Presented in Cantonese: 1st Thursdays; 6 pm – 8:00pm

Presented in English: 2nd Thursdays; 6 pm – 8:00pm

Presented in Spanish: 3rd Thursdays; 6 pm – 8:00pm

註冊粵語

bit.ly/ch-iep

Register for English

bit.ly/eng-iep

Regístrate para español

bit.ly/sp-iep

Did you know Early Connections reaches across all of San Francisco?

Support for Families is the centralized access point for San Francisco!

What does “centralized access point” mean?

It means we’ll help you connect to organizations across the city based on your child’s needs.



If you have questions about:

Ages 0-5 Learning

Developmental Playgroups

ASQ Screenings

Care Coordination

Contact us!



415-920-5040



www.supportforfamilies.org



823 Folsom Street, Suite 1001

ASQ-3 SCREENING

*AGES & STAGES QUESTIONNAIRE, 3RD EDITION

INTERESTED IN LEARNING ABOUT YOUR GROWING AND DEVELOPING CHILD?

ASQ IS DESIGNED FOR CHILDREN FROM 1 MONTH TO 5 YEARS OLD.

WHAT IS THE ASQ?

THE ASQ IS A DEVELOPMENTAL SCREENING THAT CHECKS YOUR CHILD'S PROGRESS IN THE FOLLOWING DEVELOPMENTAL AREAS:

- COMMUNICATION
- GROSS MOTOR SKILLS
- FINE MOTOR SKILLS
- PROBLEM-SOLVING
- PERSONAL-SOCIAL DEVELOPMENT



HOW IT WORKS:

- Complete the simple questionnaire (about 10-25 minutes).
- Get immediate feedback on your child's development. Receive helpful guidance from our team if needed.
- Receive FREE NEW TOYS

FEEL FREE TO CONTACT US:

Our team can help you determine if the ASQ screening is right for your child.



415-282-7494 extension 103



www.supportforfamilies.org



823 Folsom Street, Suite 1001

RESOURCES

TRANSITION PLANNING



Empower young adults with disabilities and their families to navigate education, legal and financial planning, healthcare, independent living, and more.

EARLY START MAP



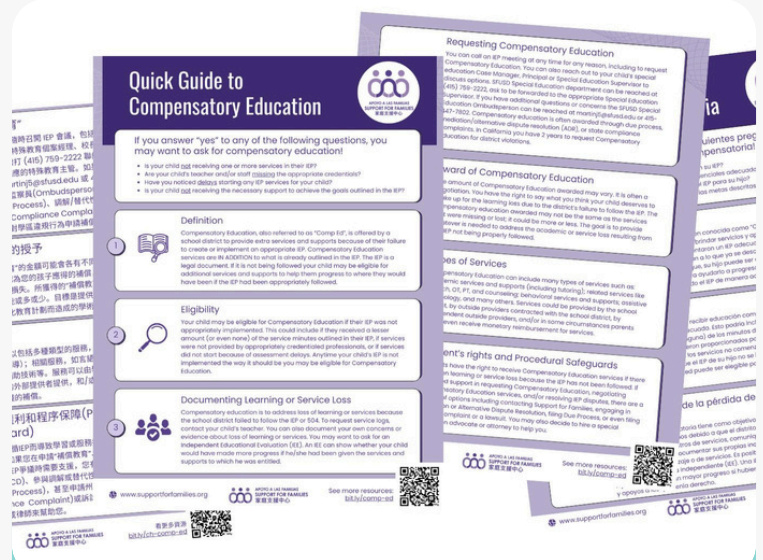
Learn how to access Early Start Services for your child.

COMPLEX MEDICAL NEEDS GUIDE



Navigate complex medical needs, including first calls, medical and insurance options, and additional support.

COMPENSATORY EDUCATION



Learn about compensatory services (in addition to what is listed in your child's IEP) for skills or learning that has been lost.

What is YAC?

YAC is a leadership opportunity for youth with disabilities. This is an SFCD initiative aimed at bringing young individuals with disabilities together in an innovative and creative platform that considers their unique characteristics to achieve something greater. The YAC will provide guidance and support to organizations and governing bodies, actively participating in various projects and community initiatives.



YOUTH ADVISORY COUNCIL (YAC)

"In the YAC, I feel like I found my community."

- YAC member

Who is part of YAC?

Currently, YAC consists of 10 young individuals who gather monthly to brainstorm on relevant community issues, advise SFCD on youth-related topics, learn new things, and spend time with other young people while being themselves.

How can my teen get involved with YAC?

YAC coordinates quarterly youth group activities where community youth can engage in various outings, such as visiting museums, cinemas, karaoke, and/or sporting events. These events are open to the entire SFCD community. If your teen (age 14 -22) wishes to participate in YAC or receive updates on youth group activities hosted by YAC, please [submit this form](#).

Visit <https://supportforfamilies.org> to learn more about YAC.

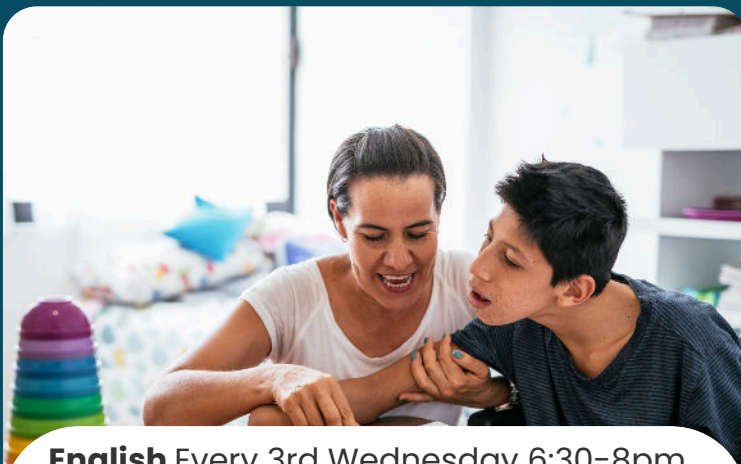


bit.ly/sfcd-sdp

SELF-DETERMINATION PROGRAM (SDP)

A more flexible way to receive services from California Regional Centers. Explore whether SDP is right for you, next steps to take, and tips to set you up for success.

SUPPORT GROUP



English Every 3rd Wednesday 6:30–8pm.
Spanish Every 3rd Thursday 6:30–8pm.
Sign up supportforfamilies.org/series/sdp-support-group/

GROUP COACHING



English & Spanish

Stay tuned!

INDIVIDUAL COACHING



English and Spanish: contact www.supportforfamilies.org/getsupport/
Specify: Self Determination

WORKSHOPS COMING SOON



Subscribe to our newsletter for updates.



APOYO A LAS FAMILIAS
SUPPORT FOR FAMILIES
 EDUCACIÓN • EMPODERAMIENTO • EQUIDAD



GROUP STEPPING STONES TRIPLE P&PATHWAYS

Prior registration is required to participate as space is limited.

Stepping Stones and Pathways are evidence-based positive parenting programs designed for parents of children aged 2 to 12. These programs focus on strengthening parent-child relationships through proven strategies that encourage positive behaviors. Parents also learn essential self-care techniques to support their own well-being while fostering a nurturing home environment.



Parenting Support

Group Stepping Stones Triple P&Pathways

In **English** for **parents** in San Francisco of **children ages 2-12** with **developmental disabilities**.

DETAILS

- This is a 12 week program
- Starting January 16, 2026 until April 17, 2026
- Every Friday from 9:50am - 12:30pm
- First session is from 9:50am - 1:30pm
- Three sessions will be presented in person (1/16, 3/6, and 4/17). The remaining sessions will be presented via Zoom.

To Register Contact

Roxana Lopez
 415.920.5040 ext. 149
 RLopez@supportforfamilies.org



Remember to share your phone number with us in your messages.



APOYO A LAS FAMILIAS
SUPPORT FOR FAMILIES
家庭支援中心



TUESDAY
FEBRUARY 24, 2026

12:00-1:30PM

Presented in
English on Zoom

PARENT CAFÉ (ENGLISH)

Connect with other parents or caregivers of children with special healthcare needs in a small and non-judgmental setting to learn, reflect, and share about your parenting journey!

Parent Cafés are safe spaces where you can talk about what is important to you and:

- Meet new people
- Get new ideas
- Share your hopes and dreams for your family
- Engage in positive conversation
- Learn more about community resources

For more info:

- Celeste Chacon
cchacon@supportforfamilies.org 650-434-0001



REGISTER TODAY

bit.ly/4iNQHQV

Email or call:
info@supportforfamilies.org,
415.920.5040



January 2026

January 5 10:00 am - 12:00 pm Food Distribution

January 5 6:30 pm - 8:00 pm Adult Services and Transition [English]

January 7 10:00 am - 12:00 pm Spanish-Speaking Parent Group [Spanish]

January 8 6:30 pm - 8:00 pm Spanish-Speaking Families of Children with Mental Health Concerns Support Group [Spanish]

January 8 6:00 pm - 8:00 pm Individualized Education Program (IEP) Clinic [English]

January 8 6:00 pm - 8:00 pm Individualized Education Program (IEP) Clinic [Cantonese]

January 9 10:00 am - 11:30 am Support Group for Families Served by the Golden Gate Regional Center [Spanish]

January 12 10:30 am - 12:00 pm Support Group for Spanish-Speaking Parents of Children with Autism [Spanish]

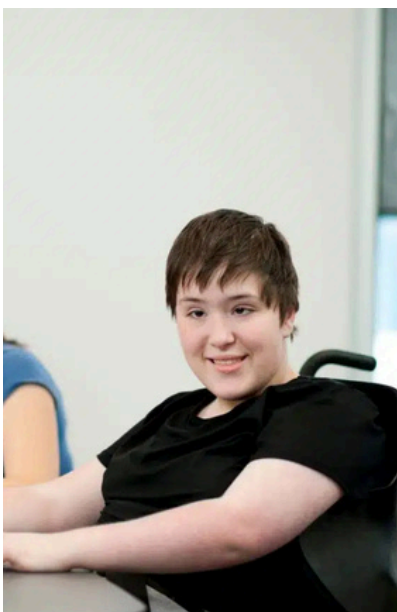
January 12 7:00 pm - 8:30 pm Autism Parent Support Group (Ages 0-9) [English]

January 13 6:00 pm - 7:30 pm Understanding California Regional Centers and Developmental Disability Services [English]

January 13 6:00 pm - 7:30 pm Understanding California Regional Centers and Developmental Disability Services [Spanish]

January 14 10:00 am - 12:00 pm Spanish-Speaking Parent Group [Spanish]

January 15 6:00 pm - 8:00 pm Individualized Education Program (IEP) Clinic [Spanish]



UNDERSTANDING CALIFORNIA REGIONAL CENTERS AND DEVELOPMENTAL DISABILITY SERVICES [ENGLISH]

This workshop introduces families to the basics of California's developmental disability system. We begin with what a developmental disability is and how the state's Department of Developmental Services (DDS) supports children, youth, and adults. Participants will learn how Regional Centers help individuals with developmental disabilities and their families access services, navigate systems, and remain safely included in their communities. The workshop also provides an overview of the Individual Program Plan (IPP), how it is developed, and how it guides services and supports. This workshop will focus on getting help with regional center services for people children and youth ages three forward, with a special focus on transition age youth.

Tuesday
January

13

6PM-
7:30PM

Location: Zoom

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

January 2026

January 15 6:30 pm – 8:00 pm Self-Determination Support Group [Spanish].

January 17 10:00 am – 11:00 am Baseball Clinic for Kids

January 19 2:00 pm – 3:30 pm Chinese-Speaking Parent Support Group (华语家长支持小组) [Cantonese].

January 19 6:30 pm – 8:00 pm Adult Services and Transition [English].

January 21 10:00 am – 12:00 pm Spanish-Speaking Parent Group [Spanish].

January 21 12:00 pm – 3:00 pm Webinar: Introduction to the ASQ-3 [Cantonese].

January 21 6:00 pm – 7:30 pm Understanding California Regional Centers and Developmental Disability Services [Cantonese].

January 21 6:30 pm – 8:00 pm Self-Determination Support Group [English].

January 22 6:00 pm – 8:00 pm CAC Meeting – All About Behavior

January 26 6:30 pm – 8:30 pm Autism Parent Support Group (Ages 10+) [English].

January 28 10:00 am – 12:00 pm Spanish-Speaking Parent Group [Spanish].

January 28 12:00 pm – 3:00 pm Webinar: Introduction to the ASQ:SE-2 [Cantonese].

January 31 9:00 am – 2:00 pm Mastering Your Child's IEP: Hands-On Family IEP Bootcamp! [English].

VOLUNTEER AT SAN FRANCISCO HALF MARATHON, 10K & 5K



The San Francisco Half Marathon®, 10K & 5K Presented by Sutter Health returns on February 1, 2026. A fixture on the Bay Area racing calendar, participants are treated to scenic course routes in Golden Gate Park and along the Pacific Ocean, with race proceeds supporting local charities in the San Francisco Bay Area. Race amenities include long sleeve T-shirts, custom finisher's medallions, and a variety of food and beverage offerings in our Post-Race Festival. Learn more at www.sanfranciscohalfmarathon.org.

Support for Families is excited to volunteer at this event supporting local charities – including us! We need your help to cheer on and hydrate racers at Water Station #1 – [sign up today to volunteer with us!](#)

Sunday
February

1

6:30AM-
10:00AM

Location:
John F Kennedy
Dr & Blue Heron
Lake Dr

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

February 2026

February 1 6:30 am – 10:00 am Volunteer at San Francisco Half Marathon, 10K & 5K

February 2 10:00 am – 12:00 pm Food Distribution

February 2 6:30 pm – 8:00 pm Adult Services and Transition [English].

February 4 10:00 am – 12:00 pm Spanish-Speaking Parent Group [Spanish].

February 5 6:00 pm – 8:00 pm Individualized Education Program (IEP) Clinic [Cantonese].

February 5 6:30 pm – 8:00 pm Spanish-Speaking Families of Children with Mental Health Concerns Support Group [Spanish].

February 7 9:00 am – 2:00 pm Mastering Your Child's IEP: Hands-On Family IEP Bootcamp! [English]

February 9 10:30 am – 12:00 pm Support Group for Spanish-Speaking Parents of Children with Autism [Spanish].

February 9 7:00 pm – 8:30 pm Autism Parent Support Group (Ages 0-9) [English].

February 11 10:00 am – 12:00 pm Spanish-Speaking Parent Group [Spanish].

February 12 6:00 pm – 8:00 pm Individualized Education Program (IEP) Clinic [English].

February 13 10:00 am – 11:30 am Support Group for Families Served by the Golden Gate Regional Center [Spanish].

MASTERING YOUR CHILD'S IEP: HANDS-ON FAMILY IEP BOOTCAMP!



Presented in English. Interpretation in Spanish and Cantonese available upon request.

Support for Families of Children with Disabilities, in partnership with CASE (Community Alliance for Special Education), invites you to a two-day, full-day in-person workshop series designed to empower families with a deep understanding of their student's IEP.

Bring your child's IEP, psychoeducational report, and any related documents—we'll review them together step by step. Over the course of two Saturdays, you'll gain confidence in understanding your child's current IEP, learn basic advocacy strategies, and be prepared to collaborate effectively with your school team to enhance your child's educational plan.

Lunch will be provided each day.

**Saturday
February**

7

**9:00AM-
2:00PM**

Location:
Support for
Families Office

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

February 2026

February 16 2:00 pm - 3:30 pm Chinese-Speaking Parent Support Group (华语家长支持小组) [Cantonese].

February 16 6:30 pm - 8:00 pm Adult Services and Transition [English].

February 17 6:00 pm - 7:30 pm Supporting Students with Mental Health Disabilities at School (IEP, 504, and School Supports) [English].

SUPPORTING STUDENTS WITH MENTAL HEALTH DISABILITIES AT SCHOOL (IEP, 504, AND SCHOOL SUPPORTS) [ENGLISH]



This workshop explains how mental health needs may show up at school and the range of supports available, including IEPs, 504 plans, behavior support, counseling, accommodations, and other interventions. Families will also learn practical strategies to advocate effectively so their child's needs are recognized and addressed and educational access is protected.

Tuesday
February

17

6:00PM-7:30PM

Location: Zoom

February 18 10:00 am - 12:00 pm Spanish-Speaking Parent Group [Spanish].

February 18 6:00 pm - 7:30 pm Supporting Students with Mental Health Disabilities at School (IEP, 504, and School Supports) [Cantonese].

February 18 6:00 pm - 7:30 pm Supporting Students with Mental Health Disabilities at School (IEP, 504, and School Supports) [Spanish].

February 18 6:30 pm - 8:00 pm Self-Determination Support Group [English].

February 19 6:30 pm - 8:00 pm Self-Determination Support Group [Spanish].

February 19 6:00 pm - 8:00 pm Individualized Education Program (IEP) Clinic [Spanish].

February 21 10:00 am - 11:00 am Baseball Clinic for Teens

February 23 6:30 pm - 8:30 pm Autism Parent Support Group (Ages 10+) [English].

February 24 12:00 pm - 1:30 pm Parent Café [English].

February 25 10:00 am - 12:00 pm Spanish-Speaking Parent Group [Spanish].

February 26 6:00 pm - 8:00 pm CAC Meeting – LCAP Community Conversation

March 2026

March 2 10:00 am - 12:00 pm Food Distribution

March 2 6:30 pm - 8:00 pm Adult Services and Transition [English]

March 4 10:00 am - 12:00 pm Spanish-Speaking Parent Group [Spanish]

March 5 6:00 pm - 8:00 pm Individualized Education Program (IEP) Clinic [Cantonese]

March 5 6:30 pm - 8:00 pm Spanish-Speaking Families of Children with Mental Health Concerns Support Group [Spanish]

March 9 10:30 am - 12:00 pm Support Group for Spanish-Speaking Parents of Children with Autism [Spanish]

March 9 7:00 pm - 8:30 pm Autism Parent Support Group (Ages 0-9) [English]

March 11 10:00 am - 12:00 pm Spanish-Speaking Parent Group [Spanish]

March 12 6:00 pm - 8:00 pm Individualized Education Program (IEP) Clinic [English]

March 13 10:00 am - 11:30 am Support Group for Families Served by the Golden Gate Regional Center [Spanish]

March 14 8:00 am - 3:00 pm 2026 Information and Resource Conference



MARCH 14

2026 INFORMATION AND RESOURCE CONFERENCE



3月14日

14 DE MARZO

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

March 2026

- March 16 2:00 pm – 3:30 pm Chinese-Speaking Parent Support Group (华语家长支持小组) [Cantonese].
- March 16 6:30 pm – 8:00 pm Adult Services and Transition [English].
- March 18 10:00 am – 12:00 pm Spanish-Speaking Parent Group [Spanish].
- March 18 6:30 pm – 8:00 pm Self-Determination Support Group [English].
- March 19 6:30 pm – 8:00 pm Self-Determination Support Group [Spanish].
- March 19 6:00 pm – 8:00 pm Individualized Education Program (IEP) Clinic [Spanish].
- March 21 10:00 am – 11:00 am Baseball Clinic for Kids
- March 23 6:30 pm – 8:30 pm Autism Parent Support Group (Ages 10+) [English].
- March 25 10:00 am – 12:00 pm Spanish-Speaking Parent Group [Spanish].
- March 25 6:00 pm – 7:30 pm Preparing for Middle School: IEP Tips for Students with Disabilities [English].
- March 26 6:00 pm – 8:00 pm CAC Meeting – Golden Gate Regional Center

San Francisco Unified School District

CAC

COMMUNITY ADVISORY
COMMITTEE
FOR SPECIAL EDUCATION

General Meeting 2024-2025 School Year



CAC Meetings are held on the 4th* Thursday of the month from 6:00pm - 8:00pm

*exceptions: no meeting in July or December, and the November meeting is a week early to accommodate Thanksgiving

In Person Support for Families of Children with Disabilities
832 Folsom Street, Suite 1001 (tenth floor)
San Francisco CA 94107
A light dinner is provided at 6pm.

Virtual OnZoom([Registeratcacspedsf.com](https://www.registeratcacspedsf.com))
To ensure you get meeting reminders and Zoom links sent to you, please join our email list by [clicking this link](#).

Spanish and Cantonese interpretation is provided at all meetings.

ASL Interpretation or interpretation in other languages is provided only if reserved 1 week in advance. To reserve email cacspedsf@gmail.com

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



DONATE TODAY

supportforfamilies.org/donate/

YOUR DOLLARS MAKE A
DIFFERENCE!

Help us continue this
important work through a
tax-deductible contribution!

OUR IMPACT IN 2024

1,686 Families & Providers
receiving 1:1 support

6,213 Attendance at
events & workshops

20,996 Interactions with
Families & Providers

SIGN UP FOR
THE SFCD
NEWSLETTER

VOLUNTEER
AT EVENTS

\$50

Fund a family's
participation at a
community event!

\$500

Train a new parent
leader to be a
mentor!

\$1,000

Make a workshop
available in English,
Spanish, and
Cantonese!

\$2,000

Sponsor a support
group for a year!

Drop-in Hours

Monday 10am-2pm

Tuesday 10am-2pm

Wednesday 10am-2pm

Thursday 10am-2pm

Closed Holidays



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.

Most workshops and clinics are presented virtually on Zoom

Register at
supportforfamilies.org



This information is funded in part by the Office of Special Education Programs through US Department of Education, San Francisco Department of Early Childhood, CA Family Empowerment Centers, CA Department of Developmental Services, and other generous funders.

