



Wellness Series for Parents & Caregivers

Wellness is a concept that means to have an attentive, self-directed, and action oriented approach to overall health. Support for Families will be hosting a series of workshops focused on developing these skills in parents and caregivers! We will be providing trainings from professionals in the communities on topics such as yoga, mindfulness/meditation, bio-feedback, expressive arts, AND MORE!

Facilitator: Sarah Zheng, MD, is a psychiatry resident at University of California, San Francisco (UCSF). She enjoys working with youths and their families. She is interested in incorporating wellness practices into her clinical work as well as helping to combat caregiver stress.

Dates: 1st and 3rd Mondays, starting April 2, 2018

Time: 6:30 - 8:00 pm

Location: Support for Families
1663 Mission Street, Suite 700

May 7: Mind-Body and Wellness Practices: Finding What Works for You and Your Family

Dr. David Becker is a pediatrician at UCSF Osher Center who practices integrative medicine and behavioral health. He has extensive training and clinical experience with integrative medicine, mind-body strategies, chronic pain management, and clinical psychology.

May 21: Cultivating Self-Compassion

A. Ning Zhou, MD, is a resident physician in the Department of Psychiatry at the University of California, San Francisco (UCSF), where he serves as the Chief Resident for Education and leads the wellness committee.

June 4: Using Biofeedback to Display and Control Stress

Christopher Gilbert, PhD, is a UCSF psychologist at the Osher Center for Integrative Medicine, and specializes in psychophysiological disorders, stress reduction, biofeedback and anxiety management.

June 18: Ayurveda Lifestyle Changes for Stress Reduction

Sudha Prathikanti, MD, is a psychiatrist and clinical professor at UCSF, where she founded both the Integrative Psychiatry service and the Ayurveda consultation service at the Osher Center for Integrative Medicine

For more information, or to RSVP, please call:

Support for Families—415-920-5040



**SUPPORT FOR FAMILIES
OF CHILDREN WITH DISABILITIES**

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