

Esperanza

A parent support group... because together, we can

When?

Wednesdays, 4:15pm-5:45pm (English)

Wednesdays, 6pm-7:30pm (Spanish)

STARTING 2/24/16

Where?

Rady Children's Hospital San Diego
3685 Kearny Villa Rd, San Diego, CA 92123

"Esperanza" is a linguistically- (Spanish/English) and culturally-responsive parent group, designed to support parents (mothers and fathers) of children with a recent at-risk identification or diagnosis of autism spectrum disorder. Each group session runs as an 8-week series. Sample topics covered may include, understanding autism, family and culture, behavior, and communication. Each group will contain a wellness activity to promote coping and reduce stress.

Group participation is **free of charge**, and **complimentary childcare** and light snacks will be provided!

For more information or to enroll, please contact *Eliza Harley, Ph.D.* at (858) 966-1700 ext. 7815.