



STAR VISTA

Helping All Ages and Stages Through Life's Challenges



CHILD AND PARENT SERVICES

Serving families with children 0-18 in Half Moon Bay, El Granada, Montara, Moss Beach, San Mateo, San Bruno, South San Francisco and Daly City.

StarVista's **Child and Parent Services (CAPS)** is **free** to families that reside in the cities above and have a child from 0-18. The focus of the program is reducing caregiver stress through a strength-based and short-term approach. Services are available in the family's home or in their community.

Looking for tools and strategies to support the children in your life? We are here to support your goals through counseling, skill-building, and connection to resources.

Range of services includes:

- Individual and family therapy
- Family Partner support
- Case management
- Parent education, parent support groups and workshops in the community.

Contact Information:

Call or text at:
650.771.0788

Or Email:
CAPS@star-vista.org

Call us today: 650.771.0788

