

# SFCPPNS CONSULTANT SERVICES

**Presented by:**

The San Francisco Council for  
Parent Participation Nursery Schools

# TABLE OF CONTENTS

<b>WHAT IS SFCPPNS?</b>	<b>3</b>
<b>OVERVIEW OF CONSULTANT SERVICES OFFERINGS</b>	<b>4</b>
Who may use consultant services? How much will it cost? How do I make an appointment? How do I pay? Is this confidential?	
<b>MEET OUR CONSULTANTS</b>	
<b>Acupuncturist</b> Holly N. Boland, MS, L.Ac.	<b>5</b>
<b>Parent Coach, Early Childhood and Family Specialist</b> Aki Raymer	<b>6</b>
<b>Speech and Language Therapists</b>  Jill Flores M.S., CCC-SLP Liesl Wenzke Hartmann M.A., CCC-SLP	<b>7</b>
<b>Occupational Therapists</b>  Meilani Connolly OTR/L Pediatric OT Ushma Sampat M.S. OTR/L, CAS Michelle Kemper, MS, OTR/L, RYT	<b>8</b>
<b>Physical Therapists</b> Bethany Gradert, MSPT Alexandra Franceschi, PT, DPT	<b>11</b>
<b>Psychotherapists/ Marriage and Family Therapists</b> Steven Abrams, MFT Aimee Rozen, MFT Gabie Berliner, Ph.D., LCSW Susan R. Bernstein, MFT Sarina Castro, Ph.D. Elizabeth Corsale, MFT Isela Cueva Rizzi, MFT Lauren Cunningham, MSW, LCSW Cecilie Herring, MFT Kym Sites, M.S., MFT Carol S. Winetsky, Ph.D.	<b>12</b>
<b>Special Education and Learning Behaviorists</b> Susan Dambroff, Special Educator/Consultant	<b>18</b>
<b>CONSULTANT SPEAKING OPPORTUNITIES</b>	<b>20</b>
<b>HOW TO GIVE FEEDBACK ON CONSULTANT SERVICES PROGRAM</b>	

*This resource is not sponsored by or affiliated with the California Council of Parent Participation Nursery Schools (CCPPNS). It is provided for your convenience. CCPPNS and SFCPPNS do not endorse any individual or companies listed in the directory. We recommend that you ask for and check references before hiring anyone included on the list.*

# WHAT IS SFCPPNS?

SFCPPNS is the San Francisco branch of the California Council of Parent Participation Nursery Schools. We are part of a growing community that strives to promote both parent education and play-based development of preschool age children. There are currently 16 schools in the San Francisco Council.

## **Benefits of the Council include:**

- Connections with other preschools and organizations working in the fields of early childhood education.
- Access to a family consultant service, a professional referral service that includes acupuncturists, occupational therapists, physical therapists, psychotherapists, special education and learning behaviorists, as well as speech and language therapists.
- Sponsorship of community events.
- Comprehensive insurance coverage designed specially for parent co-op schools.
- Information-sharing amongst member schools.

For more information on the San Francisco Council of Parent Participation Nursery Schools please visit [www.sfcoopcouncil.org](http://www.sfcoopcouncil.org)

# OVERVIEW OF CONSULTANT SERVICES OFFERINGS

The consultant services program was established to provide current and alumni co-op families with affordable access to professional psychiatrists, psychotherapists, parent educators, acupunctur-ists, occupational therapists, physical therapists and speech therapists for short-term assistance and/or referral with parenting or childhood questions and concerns.

Common themes may include relationships (e.g. child/parent, spouse/partner), situations (e.g. family illness, depression, divorce, trauma, etc.) or concerns specific to your child's behavior, education, or development.

---

## Who may use consultant services?

In partnership with SFCPPNS, each of the professionals listed here is able to offer their services to current and alumni co-op families at a discounted rate.

## How much will it cost?

Participating consultants provide up to four discounted sessions per school year, per family. In certain circumstances, SFCPPNS may approve additional sessions for a family in the same school year.

- Current co-op families and staff: The fee is \$35 per session for up to four sessions per school year (August-July).
- Alumni families: Alumni families pay \$70 per session for up to four sessions per school year (August-July).

Select professionals (e.g. occupational therapists and physical therapists) may have a unique fee structure due to the time required to conduct a complete evaluation of a child. Families are encouraged to discuss fee schedules with all consultants prior to making an appointment.

## How do I make an appointment?

You don't need to inform anyone connected to your school. You may contact the consultant directly and schedule an appointment.

## How do I pay?

The fee is paid directly to the consultant at the time of your appointment.

If you are unable to keep an appointment, you must give the consultant 24-hour notice; otherwise you will be charged for the missed appointments.

If you wish to continue seeing the consultant beyond the four sessions per school year, you can discuss fees and payment arrangements directly with the consultant.

## Is this confidential?

Yes, consultants will maintain confidentiality and will not share any information with schools or SFCPPNS.

# MEET OUR CONSULTANTS

## ACUPUNCTURISTS

### **Holly N. Boland**

**MS, L.Ac.**

220 Montgomery Street, Suite 1212  
San Francisco, CA 94104  
(415) 282-1766  
hnbolandlac@sbcglobal.net  
www.sticktothepoint.com

Holly is a licensed acupuncturist specializing in family health. Her treatment expertise includes children's health, acute and chronic pain, reproductive health, insomnia, stress, allergies, colds and flu. In addition, she treats children of all ages with neurological conditions such as autism, ADHD, and Tourette Syndrome.

Ms. Boland works in collaboration with Sandy Newmark, MD, at UCSF Osher Center for Integrative Medicine. As a former co-op preschool parent, she understands that parents, particularly those who have children with special needs, are far less likely to care for themselves. She encourages all parents to come in for some stress-relief acupuncture.

*This resource is not sponsored by or affiliated with the California Council of Parent Participation Nursery Schools (CCPPNS). It is provided for your convenience. CCPPNS and SFCPPNS do not endorse any individual or companies listed in the directory. We recommend that you ask for and check references before hiring anyone included on the list.*

# MEET OUR CONSULTANTS

## Parent Coach



### **Aki Raymer, MA**

510-410-9919  
Parentingpaths@gmail.com  
www.parentingpaths.com

Want to get on the same page as your partner, learn effective (and positive!) ways to respond to your child's tantrums and defiance, and stop nagging, yelling, and losing your patience? Or maybe you are looking for someone who can partner with your child's teachers to create smoother transitions, healthier social connections and enjoyment of school?

Parenting Paths can help!

Aki is committed to helping parents raise connected, cooperative kids without sacrificing their own well-being and happiness in the process! She has over a decade of experience teaching children, supporting parents, consulting at schools, and navigating her own feelings and experiences as a mother.

Rather than offering a one-size-fits-all approach, Aki is committed to really listening to her clients. Her strategies are rooted in the science of connection, and are designed not only to improve behavior in the moment but to build toward a resilient, confident, and happy future.

Offerings include:

- Parent Coaching
- School Observations & Collaboration
- Facilitated Playdates & Playgroups
- Parenting Workshops & Talks

When Aki isn't working, she loves making up show tunes with her teenaged daughter, exploring new neighborhoods with her dogs, and geeking out on brain science!

You can learn more about Aki at: [parentingpaths.com](http://parentingpaths.com)

# MEET OUR CONSULTANTS

## SPEECH & LANGUAGE THERAPISTS

### **Jill Flores** M.S., CCC-SLP

3514 Geary Boulevard, Suite #306,  
San Francisco, CA 94118  
(415) 690-9249  
On-site visits only

Jill Flores is the owner of Bridges to Communication, a private speech language therapy practice specializing in helping families with young children. Jill has worked in a variety of settings both prior to and within her role as a private speech and language consultant.

She offers play-based speech language consultation that takes place in the child's natural environment, either home or school. Jill believes that parent involvement and team collaboration are key components towards helping children better their communication skills.

She has helped children with a variety of difficulties that include poor articulation, difficulty expressing or processing language and social communication skills.

### **Liesl Wenzke Hartmann** M.A., CCC-SLP

672 2nd Avenue,  
San Francisco, CA 94118  
(415) 310-6269  
[www.communicationtherapy.net](http://www.communicationtherapy.net)  
[liesl@communicationtherapy.net](mailto:liesl@communicationtherapy.net)

Liesl provides individualized speech and language services to children in her clinic as well as in home and school settings. She believes that collaboration with family members and other professionals working with her clients is key to their success. She enjoys developing a trusting relationship with each of her clients and builds on each child's interests to make therapy an enjoyable and meaningful experience.

Specialization includes autism spectrum disorders, receptive and expressive language delays, speech disorders and peer socialization. Liesl also provides training to pre-school teachers and other professionals in the area of social communication.

# MEET OUR CONSULTANTS

## OCCUPATIONAL THERAPISTS

### **Meilani Connolly** OTR/L Pediatric OT



945 Taraval Street, #204 San  
Francisco, CA 94116 (415)  
702-0028  
meilani@buildlearnthrive.com  
www.buildlearnthrive.com

Meilani has 15 years experience in occupational therapy, the last five of which have been focused on treating children and being a part of the Pre-K Assessment Team in a school setting. Since graduating from San Jose State University with a bachelor's degree in 2001, Meilani has worked in a variety of settings including hospitals, skilled nursing facilities, home-based, early intervention, and school setting in San Francisco. She traveled as an occupational therapist for two years all over the United States prior to meeting her husband in Washington, DC in 2006. In 2008, Meilani and her family moved to Kuala Lumpur, Malaysia for Meilani's husband's job. In Malaysia, Meilani used her knowledge in occupational therapy to mentor occupational therapists in Kuala Lumpur, where she volunteered at a children's clinic to help treat underserved children with cerebral palsy, learning disorders, and other neurological conditions.

Meilani has her advanced certification in Physical Agent Modalities (PAM) and has used this to treat patients who have had a stroke. Meilani has participated in continuing education programs in Sensory Processing and Regulation, the ALERT Program, the Zones of Regulation, the Wilbarger Brushing Protocol, and Handwriting Without Tears. She recently took courses on Dyslexia, Dysgraphia, and Dyscalculia, and Executive Dys-function skills and treatments for kids with or without disabilities. Meilani has used her knowledge in all settings to treat children of all ages in order to increase a student's learning and abilities. Meilani enjoys spending time with her family during her free time.

# MEET OUR CONSULTANTS

## OCCUPATIONAL THERAPISTS

### **Ushma Sampat** **M.S., OTR/L, CAS**

342 Miramar Ave,  
San Francisco, CA 94112  
(415) 878-5151  
sapat.ushma@gmail.com  
<http://worldofot.com>  
Other languages spoken: Hindi, Gujarati



Ushma is a passionate Occupational therapist living in San Francisco since 2012 with her husband and puggle. She loves working with children of all ages and has been doing so in multiple settings- schools, home, clinic and community since 2012. She followed up her bachelor's in occupational therapy degree from India with a post professional master's degree in occupational therapy from San Jose State University. Ushma provides holistic, play based interventions to maximize development and learning. She strongly believes that collaboration between team members is of utmost importance to enable the child to reach his/her highest individual potential. Her approach includes direct services to the children coupled with consultation services to family and teachers and her interventions focus on (but are not limited to) motor skills, perceptual skills, sensory processing, behavior interventions, social skills and play skills. Ushma is also a Certified Autism Specialist and trained in Handwriting without Tears and Zones of Regulation curriculums.

# MEET OUR CONSULTANTS

## OCCUPATIONAL THERAPISTS

### **Michelle Kemper** MS, OTR/L, RYT

742 14th Street,  
San Francisco, CA 94114  
(415) 800-7674  
michelle@coastsf.com|  
www.coastsf.com



Michelle is a pediatric occupational therapist with more than 15 years of professional experience working in a variety of settings with children: school, home, community, and clinic.

She is the co-founder of COAST SF, a modern play space in SF that houses both occupational and speech therapy. She has extensive expertise in providing a full scope of services to children and their families in the assessment, diagnosis and treatment of motor coordination, sensory processing, attention, behavioral responses and social skills.

Michelle is a highly sought after presenter specializing in sensory motor development and other myriad topics that support families and professionals who work with children. Already a registered yoga teacher, Michelle is currently pursuing advanced studies in order to fulfill requirements for the children's yoga certification, a life-long goal and an evidence-based adjunct to her work as an occupational therapist.

# MEET OUR CONSULTANTS

## PHYSICAL THERAPISTS

### **Bethany Gradert** MSPT

1772 Church Street,  
San Francisco, CA 94131  
(415) 654-5324  
Bethany@Pinnaclekidz.com  
www.Pinnaclekidz.com



Bethany is the owner of Pinnacle Kidz Pediatric Physical Therapy, a private outpatient clinic specializing exclusively in physical therapy services for infants and children. Bethany has over 10 years of experience in various inpatient and outpatient pediatric settings. She works with a wide range of pediatric diagnoses including gross motor developmental delay, torticollis and plagiocephaly, abnormal muscle tone, gait disorders, and balance and coordination issues. She uses a variety of developmental and orthopedic approaches in her treatments to help children and their families reach their goals. Bethany is passionate about the role of education and preventative care in promoting healthy development and believes strongly that physical therapy can benefit children of all ages and abilities..

### **Alexandra Franceschi** PT, DPT

1772 Church Street,  
San Francisco, CA 94131  
(415) 654-5324  
www.Pinnaclekidz.com



Alex is a recent addition to the Pinnacle Kidz team and brings with her extensive experience treating children ages 0-5 with both orthopedic and neurological conditions. Alex works with children of all ages with physical therapy needs, with a special interest in gross motor delay in early childhood.

# MEET OUR CONSULTANTS

## PSYCHOTHERAPISTS/ MARRIAGE & FAMILY THERAPISTS

### **Steven Abrams** MFT

3877 25th Street,  
San Francisco, CA 94114  
1601 Bayshore Suite 123,  
Burlingame 94010  
(650) 784-1013  
steveabrams@mindspring.com  
www.steveabramsmft.com



Steve is a psychotherapist with offices in Noe Valley and Burlingame, a 20 minute drive from San Francisco with ample free parking at the door. He has worked extensively with children, adolescents, and their parents, dealing with the myriad emotional issues affecting children and families. His diverse practice, collaborative in nature, also includes individual adults and couples.

He provides parent education in the form of private sessions and group presentations, consults as counselor at two K-8 schools, and previously served as a Clinical Supervisor and Professional Development Coordinator at the University of San Francisco Center for Child and Family Development.

His work is non-judgmental and goal directed. Steve's children attended cooperative preschools in the city.

Steve's website, designed by his co-op graduate daughter, can be found at [www.steveabramsmft.com](http://www.steveabramsmft.com)

*More Psychotherapists/  
Marriage & Family Therapists  
on next page >*

# MEET OUR CONSULTANTS

## PSYCHOTHERAPISTS/ MARRIAGE & FAMILY THERAPISTS

### **Aimee Rozen** MFT

4002 26th Street, San  
Francisco, CA 94131  
www.aimeerozen.com  
aimeerozen@gmail.com  
(415) 407-3936



Aimee offers a genuine, compassionate and respectful relationship with her clients so they can reach greater self-awareness and insight. Through development together, clients can get greater satisfaction with the overall quality of their lives and attain the personal tools needed to strengthen their intimate relationships.

She views mental health similarly to physical health: When there's an injury or illness, seeking professional guidance, intervention, and support can improve overall wellness.

Working with parents is not only an area of specialty but her passion. It is the one clinical focus that has remained ever present from the beginning of her clinical work in 1995. Sex therapy is also one of her specialties, supporting parents in reviving their sexual and intimate connection, and raising sex positive, informed and aware children. She completed Hand in Hand's Professionals Intensive training which offered great guidance and inspiration in her work with clients.

*More Psychotherapists/  
Marriage & Family Therapists  
on next page >*

# MEET OUR CONSULTANTS

## PSYCHOTHERAPISTS/ MARRIAGE & FAMILY THERAPISTS

### **Gabie Berliner**

Ph.D., LCSW

120 Commonwealth Street,  
San Francisco, CA 94118  
(415) 751-7476

Dr. Gabie Berliner, a licensed Clinical Social Worker, has been in private practice more than 40 years and worked in San Mateo County Mental Health for 31 years. She specializes in play therapy with children, consultation to parents, adult and couples therapy, parent support groups, and consultation to schools.

She has given workshops on discipline, anger management, effects of divorce on children amongst other topics. Practice focus includes parent-child struggles, marital conflict, behavior and emotional problems, grief, and divorce. Her son is a co-op graduate.

### **Susan R. Bernstein**

MFT

3841 24th Street,  
San Francisco, CA 94114  
(415) 282-7447  
2931 Shattuck Avenue, Suite #103,  
Berkeley, CA 94705  
srbernstein44@gmail.com

Susan is a licensed psychotherapist who enjoys working with children and their families. Her work in both school and clinical settings includes understanding developmental stages, behavior and emotional problems, as well as discipline and limit setting.

In addition, she has experience working with adoption, the effects of divorce, sexual abuse, and gay and lesbian parenting. She is also an active member of A Home Within (working with foster children) and the Child and Adolescent Gender Center.

*More Psychotherapists/  
Marriage & Family Therapists  
on next page >*

# MEET OUR CONSULTANTS

## PSYCHOTHERAPISTS/ MARRIAGE & FAMILY THERAPISTS

### **Sarina Castro**

Ph.D.

2196 Union Street,  
San Francisco, CA 94123  
(415) 820-3932  
<http://drsarinacastro.com/>

Dr. Sarina Castro is a clinical psychologist in private practice in San Francisco. She sees adults in individual psychotherapy, couples therapy, and parenting consultations. She sees people for a wide range of issues, including anxiety, depression, marital/familial conflicts, and during times of life change and transition.

She also specializes in working with women and couples throughout pregnancy, postpartum adjustment (including postpartum depression), infertility struggles, and the ongoing stresses and challenges of parenting.

In addition to being a long time member of the San Francisco Cooperative Preschool Council Consultancy, she is a member of the Preschool Psychotherapy Project of the San Francisco Center for Psychoanalysis.

### **Elizabeth Corsale**

MFT

1300 25th Avenue, Suite 100. SF, CA  
(415) 573-5955  
[ecorsale@gmail.com](mailto:ecorsale@gmail.com)

Ms. Corsale is a licensed marriage and family therapist in private practice in San Francisco. She works primarily with individual adults and couples.

In her private practice she specializes in issues concerning depression, anxiety, loss, marital conflict, and parent support of children with developmental delays and learning disabilities.

She is also the co-founder and clinical director of a treatment program for individuals with compulsive stealing behaviors. Through this work she is experienced working with all types of compulsive behaviors including overspending, alcohol and drug problems and sexual compulsivity. Her son is a co-op graduate.

# MEET OUR CONSULTANTS

## PSYCHOTHERAPISTS/ MARRIAGE & FAMILY THERAPISTS

### **Isela Cueva Rizzi**

**MFT**

3974 24th Street,  
San Francisco, CA 94114  
(415) 267-3903

Other languages spoken: Spanish

Isela is a bi-cultural and bilingual Spanish-speaking psychotherapist with an office in Noe Valley. She has provided relationship-based treatment to children, families, adult individuals and couples for more than 11 years.

Isela has extensive experience working with the parent-child dyad, and focuses on strengthening their relationship. She provides developmental guidance, assists with attaching new meanings to behavior, and helps parents find new ways of responding and relating to their children.

Her nurturing and holistic approach is informed by her interest and studies in Daoism and Chinese Medicine. She aspires to help her clients live in alignment with their true nature, ultimately leading them to a more harmonious and balanced existence. She works interactively and collaboratively to support clients at their pace, and provides a safe holding environment where lasting changes can occur.

### **Lauren Cunningham**

**MSW, LCSW**

35 Vicente Avenue,  
San Francisco, CA 94127  
(415) 585-4551

Ms. Cunningham is a child and adult Jungian analyst in the West Portal neighborhood of San Francisco. She has worked with preschool through high school aged children for more than 30 years using play, sand play, art, and talk therapy.

She meets with parents to discuss parenting issues and also sees adults for individual and couples therapy. She is experienced in the effects of divorce, alternative families, anxiety, anger, depression, and acting out in children. She is an adjunct associate professor at California Institute of Integral Studies. Her son and daughter are co-op graduates.

*More Psychotherapists/  
Marriage & Family Therapists  
on next page >*

# MEET OUR CONSULTANTS

## PSYCHOTHERAPISTS/ MARRIAGE & FAMILY THERAPISTS

### **Cecilie Herring**

#### **Licensed Marriage and Family Therapist**

1122 Clement Street, SF, CA 94118  
San Francisco, 94122  
415-517-9319  
connect@cecilieherringtherapy.com  
www.cecilieherringtherapy.com



I am a Licensed Marriage Family Therapist offering psychotherapy to adults, adolescents, and children. My training focuses on helping my clients improve their relationships with themselves and others, navigate life transitions, and heal from traumatic experiences. My overall approach seeks to provide a warm, trusting, nonjudgemental relationship in which you are deeply listened to and can safely and freely discuss your challenges, concerns, and vulnerabilities.

I specialize in working with pre and postnatal moms, supporting parents as they navigate and adjust to parenthood, strengthening the parent-child connection, grief surrounding the loss of a loved one, coping with a chronic illness and/or pain, and working with the challenges of anxiety and depression.

I am also an art therapist and offer art, play, and sand tray therapy when my clients are drawn to these modalities. Creating art can be a safe and non-threatening way to share, explore, and release feelings and emotions that may be difficult to express verbally. Art Therapy is a modality that can lead children and youth especially to discover new ways in which they can safely work through issues surrounding areas such as grief, loss, anger, body image, fear, confusion, and conflict.

*More Psychotherapists/  
Marriage & Family Therapists  
on next page >*

# MEET OUR CONSULTANTS

## PSYCHOTHERAPISTS/ MARRIAGE & FAMILY THERAPISTS

### **Kym Sites**

**M.S., MFT**

3249 Sacramento Street,  
San Francisco, CA 94115  
(415) 922-9446

Ms. Sites is a licensed Marriage Family Therapist who works extensively with preschools, both public and private, including infant centers, providing services to teachers, parents, children, and administrators, both onsite and in private consultation. She offers co-parenting counseling for parents who are raising their children in separate homes. She also teaches in the Graduate Program in Clinical Psychology at San Francisco State University.

### **Carol S. Winetsky**

**Ph.D.**

3637 Sacramento Street, Suite H,  
San Francisco CA 94118  
(415) 923-9170  
drwinetsky@att.net



Dr. Winetsky received her Ph.D. from Stanford University and is a licensed psychologist in private practice for over thirty years. Her psychotherapy practice includes work with children, adolescents, individual adults and couples.

She has a special interest in developmental issues throughout the life cycle and seeks to help clients promote growth and improve relationships whether in the family, the classroom, the community or the workplace.

She has led workshops on child rearing and stress reduction for parents and has also consulted widely to teachers. Her professional experience includes supervising post-doctoral students in psychology for California Pacific Medical Center's training program in the department of Psychiatry. Her own children are co-op graduates.

# MEET OUR CONSULTANTS

## SPECIAL EDUCATION AND LEARNING BEHAVIORISTS

### **Susan Dambroff** Special Educator/Consultant

2196 Union Street,  
San Francisco, CA 94123  
(415) 279-8090  
On-site visits only

Susan is a Special Educator who has been working with children and their families for more than 25 years. Both as a special education teacher and as a home-based consultant, she takes into account the unique needs of each child and family to help facilitate growth in the areas of communication, social interaction, behavior, play, and academic skills. Her services include direct relationship- based work with children, and consultation to families and teachers.

She has extensive experience providing support and training to preschool teachers and their staff to help provide appropriate educational and therapeutic interventions for children. She most enjoys closely collaborating with families and teachers to help children become joyfully engaged in learning and play.

# CONSULTANT SPEAKING OPPORTUNITIES

Beyond providing one-on-one services with co-op families, many consultants are also available to speak at parent-education meetings. Please contact [consultantliaison@scoopcouncil.org](mailto:consultantliaison@scoopcouncil.org) for more details.

# HOW TO GIVE FEEDBACK ON CONSULTANT SERVICES PROGRAM

We always appreciate receiving feedback on the consultant program. Please feel free to provide any suggestions or concerns to [consultantliaison@scoopcouncil.org](mailto:consultantliaison@scoopcouncil.org) and be assured that all feedback will remain confidential.