

Family & Staff Challenges

- Staying hopeful even when scared
- Worrying about the sick child and how other family members are coping
- being in conflict with family members
- Being aware of how the illness is impacting the family financially
- Needing support during a stressful time
- Feeling overwhelmed by the situation
- Wanting to take better care of themselves and their relationships
- Staying emotionally healthy while supporting others



Training Faculty



Martha Hernandez, Ph.D.
Associate Director
at RMHC Bay Area

martha.hernandez@rmhcbayarea.org

*Vice President of Public Interest & Diversity
APA Division 43*

Susan Regas, Ph.D.

Director, Family Support Services
Ronald McDonald House Charities
sregas@rmhcsc.org

*Distinguished Professor,
California School of Professional Psychology
President of APA Division 43*

Ronda Doonan, Psy.D. Supervisor

John Bakaly, Ph.D. Supervisor

Bay Area Locations

Ronald McDonald House at Stanford

520 Sand Hill Road | Palo Alto, CA

FSS services are also provided at our
San Francisco location inside UCSF Benioff
Children's Hospital at Mission Bay.



Family Support Services



Family Support Services (FSS) helps families cope with the special challenges of a child's illness and build on their own strengths

**24/7 SUPPORT
EVERY DAY OF THE YEAR**

Services Provided

- Private family meetings
- Support throughout the House
- 24/7 crisis intervention
- Workshops
- Fun Clubs
- Special Events
- Resource referrals
- Hospital support
- Staff and volunteer training and consultation

Families may approach FSS any time to receive support.



Our Approach

Doctoral and master's level trainees in clinical psychology, under the direct supervision of our training faculty, offer support to individual families as well as plan and manage House activities, such as Fun Clubs, holiday celebrations, and special events that provide a caring, supportive, and fun environment for all families in the House.

Trainees support families in English, Spanish, and other languages.

OTHER SERVICE SITES

Ronald McDonald House Charities Southern California

Los Angeles Ronald McDonald House | Pasadena Ronald McDonald House

”

We have learned to connect with one another thanks to Family Services Supports. They have really changed our lives.

“

B. Franklin, Parent

FSS is a consistent and familiar presence for families at RMHC and is available through appointments or walk-in basis and during weekly Fun Clubs and monthly special events. Our Grief & Loss program also provides families with support after they return home.

