

SF ALTERNATIVES (or additions) TO 12 STEP SUPPORT GROUPS

(Updated 4/4/13. Please contact Terry Morris tmorris@sfaf.org with corrections/suggestions.)

Mondays

OVER THE INFLUENCE BOOK CLUB at 1035 Market (all welcome)

A fabulous way to start the week...Nurture your inner nerd. Join anytime, on any chapter, we read and chat as we go. You just might...

- become a harm reduction expert
- see what it's like to be part of a group culture where all goals from safer use, to managed use, to reduced use, to abstinence are respected and supported.
- get to know yourself better
- see what you have in common with other members and how you are unique.
- give judgment and stigma around drug use & drug users a holiday to free up space for self love, optimism, & self care.
- chart a path to meet your goals at your own pace, on your own terms.
- Explore new ideas, share experiences, and get geeked up on strong coffee.
- Check out this amazing book by the Harm Reduction Therapy Center with facilitators Joyce Kermeen, MFT and Terry Morris.

12PM-1:30 join us for strong coffee + snacks 1035 Market Street, room 3E
Come high ≈ come low ≈ come sober ≈ come as you are

STONEWALL WALK IN INDIVIDUAL COUNSELING www.stonewallsf.org Call (415) 487 3100

The Stonewall Project is a family of programs dedicated to providing harm reduction-based counseling, treatment, and support services to gay men, transmen who have sex with men, and other men who have sex with men who are having issues with drugs and/or alcohol. We welcome you wherever you're at, and do not require abstinence for you to receive services. Stonewall offers group and individual counseling, and assistance articulating and achieving your personal goals. Monday-Friday at 4PM 1035 Market Street, 4th floor

COLORS OF RECOVERY GROUP call 415 487– 8018 to enroll. A group for gay/bi men of African descent committed to getting peer support about addiction issues in a harm-reduction context. Every Monday 12-2PM room 3D Facilitator Raven Mahosadha (please call to enroll/not a walk in group)

Meditation: San Francisco ZEN CENTER Meditation in Recovery

Every Monday 7:30-9:00PM 300 Page Street @ Laguna Free- donations accepted

Life Ring: Monday 7:15 PM Kaiser CDRP 1201 Fillmore street Room 5

Focus: How was your week? Note: If Kaiser closed for holiday, meet at McDonalds half a block away on Fillmore
LifeRing is a network of people who support one another in living free of alcohol and other non-medical addictive drugs. Meetings are friendly, confidential, non-judgmental gathering of peers. There is no religious or anti-religious content in the meeting process. LifeRing is a self-help group based on a philosophy of secular (nonreligious) mutual support and discussion of all life issues, including work, relationships, the law, drugs, or anything else deemed important to members. It subscribes to the traditional abstinence model and views any use as relapse. Meetings are unstructured and informal. At a typical meeting a "convener" calls the group together and reads a statement about LifeRing, indicating there are no steps and no sponsors and that discussion is open and intended for mutual help. Focus: How was your week?

Moderation Management www.moderation.org

Concerned about your drinking? We can help. Mondays at 6:30PM 45 Franklin St San Francisco Email Ingrid for the Door Code; there is a security system.

Email: sanfrancisco@moderation.org The goal of participants in MM is moderate drinking. Only if moderation fails do people revisit their decision and consider abstinence. MM was developed for problem drinkers rather than for other drug users. There is no inherent reason why the principles could not be applied to other drug use. The philosophy of

Please send corrections, additions, suggestions to tmorris@sfaf.org Thanks!

MM is not to be alone with the experience of drinking and to be accountable to peers who share similar goals regarding alcohol use. Groups meet in person in some communities. There are also online groups.

SMART RECOVERY www.smartrecovery.org

Monday 7:00-8:30PM Saint Francis Memorial Hospital, 900 Hyde St. (between Bush & Pine St.s) Hoffman Room, Second floor. NO MEETING: 4th Monday in January, April, July & October 415-673-2848 Dr. Michael Edelstein (VA) Jim B. (F) DrEdelstein"AT"ThreeMinuteTherapy.com The goal of SMART Recovery is to build skills to maintain abstinence. Introductions are informal, and meetings are led by "coordinators" who may or may not have had a drinking problem but have been sober at least a year and adhere to SMART principles. No formal training is required to be a moderator, but training sessions are offered and coordinators are encouraged to attend.

Homeless Youth Alliance Drop In (for youth 13-29)

Mondays 11am – 2pm Drop-In 1696 Haight Street

HYA's drop-in center, a refuge from the pressures of street culture, is at the core of our services. For many youth, it is the only place they can relax, eat, gather, watch TV, get their mail, and use email and phone without being stigmatized, judged, or threatened by violence and instability on the streets. Many describe our space as their second home. Staffed by Outreach Counselors and volunteers 4 hours per day, 4 days a week, our drop-in provides basic necessities such as food, bathroom and shower facilities, hygiene and safer-sex supplies, phones and internet, and individual case management. If you are interested in [a shower](#) show up right at 11am to sign up.

Tuesdays

SF DRUG USERS UNION HARM REDUCTION DROP IN GROUP

149 Turk Tuesdays 3:30PM. The Group with No Name or Agenda: Free-form Harm Reduction discussion facilitated by SFDUU member, Johnny.

Tuesdays 3:30PM at 149 Turk St

About : Are you a drug user, former drug user, or do you just care about improving the health and well-being of drug users in SF? We'd like you to join our union!

Mission : To make San Francisco a safer, happier, and healthier place for drug users through community organizing and direct action.

Description : We have been hard at work, exposing 40 years of Drug War Failure (Nixon declared drugs to be "Public Enemy #1" 40 years ago) Come check out our art exhibit of stuff made by union members during this month's art workshops, Envisioning a Brighter Future for Drug Users. Learn about our SF General Hospital campaign to reduce the stigma that drug users face in the Emergency Room. Help us plan our platform. We have lots of work to do...we sure could use your help! (415) 990-3827 info@sdrugusersunion.org www.sdrugusersunion.org twitter: @drugusersunion Tuesdays at 3:30PM at SF Drug Users Union 149 Turk Street

Stonewall/Speed Project 6th street Drop-in Group every Tuesday from 2-3PM

The crew of 6th street group regulars & facilitators invite you to check out this laid back, flowing, flexible, and caring space. Be part of a vibe where all gay /bi men looking to make harm reduction work for them are welcome. Come messy or come buttoned up. Come high or sober. Get and give support, share personal experience and wisdom, listen and talk on sex, drugs, and rock and roll (or disco, soul, electronic, jazz, blues, funk, folk, standards, show-tunes, house, hip hop) ♥ Needle exchange always available ♥

♥ Doors at 1:30 for strong coffee & snacks ♥ ♥ group 2PM-3PM ♥

117 6th street between Mission/Howard– [door on the left](#)

Crystal Clear: A Harm Reduction Group for African American Men Visioning Personalized Recovery

Settle in, talk it up, share a meal, and join the circle. Come be part of this open minded, speak from the heart, family style, weekly crystal meth harm reduction recovery group for men who have sex with men. Facilitators Terrance Harmon and Raven Mahosadha bring a grounded energy and calm center while facilitating boisterous discussions, supporting members to share and to listen, and ultimately chart pathways to recovery. This journey can be fun and exciting. As one finds their recovery the world will be a richer place.

If you would like to be part of a group that

- welcomes you to show up **as you** are
- is **not trying to change you** or **define recovery for you**

Please send corrections, additions, suggestions to tmorris@sfaf.org Thanks!

- Opens space for you to **explore your relationship with crystal meth** and **deepen your relationship with yourself**
- **chomp on topics each week like** boundaries, friendship, sex and crystal, intimacy, relationships
- **sees recovery holistically** and intricately connected to body, mind, soul, community, & world

And you would like to **connect to and support other African American men** as they grow their own unique and personal definitions and roadmaps to recovery...

Join the **Crystal Clear Recovery Group** every **Tuesday at 12pm @** 1035 Market Street, Room 3E

Please contact Crystal Clear Recovery Group Facilitators: Terrance Harmon 415-487-3121/tharmon@sfaf.org & Raven Mahosadha 415-487-3070/rmahosadha@sfaf.org with any questions.

Life Ring Tuesday 1:00 PM Kaiser CDRP 1201 Fillmore room 297 Look for sign

Focus: How was your week? Contact: Michael Phone: 415.921.0473 Email: mikewarks@comcast.net LifeRing is a network of people who support one another in living free of alcohol and other non-medical addictive drugs. Meetings are friendly, confidential, non-judgmental gathering of peers. There is no religious or anti-religious content in the meeting process. Focus: How was your week? LifeRing is a self-help group based on a philosophy of secular (nonreligious) mutual support and discussion of all life issues, including work, relationships, the law, drugs, or anything else deemed important to members. It subscribes to the traditional abstinence model and views any use as relapse. Meetings are unstructured and informal. At a typical meeting a “convener” calls the group together and reads a statement about LifeRing, indicating there are no steps and no sponsors and that discussion is open and intended for mutual help.

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HALF EMPTY : STONEWALL ALCOHOL HARM REDUCTION GROUP for gay and bi men Every Tuesday from 6-7:30PM

4200 18th St, Suite 203 at Collingwood. For more information call 415-487-3100

Meet other gay men in a supportive environment and share practical tools and tips to drink smarter and eliminate/reduce instances of blackouts, hangovers, fights, etc. At “Half-Empty” we use the harm reduction approach to help you learn how to set and meet your own goals whether it’s drinking smarter or stopping altogether. “Half Empty” is facilitated by Paul Kilfoil and takes place every Tuesday from 6-7:30pm in the heart of the Castro.

Homeless Youth Alliance Health Group ([for youth 13-29](#))

Tuesdays 2pm – 3pm 1696 Haight Street @ Cole

Health Group: At HYA's weekly Health Group, 10-25 homeless young people get their questions answered about general health topics that have specific relevance to their lives.. Frequent topics include: overdose prevention, vein and wound care, foot care, staph infections, drinking responsibly, dog bites, pneumonia, body lice and scabies, facts about mixing drugs and alcohol, violence, Hep C, HIV, STIs, mental health, and taking care of one other on the streets. Youth help lead and facilitate these discussions. For example, a recent HIV group was co-led by a youth who opened up about living with the virus. About HYA: HYA exists to meet homeless youth where they are, and to help them build healthier lives. We believe that reducing harm is possible through the provision of accessible, non-judgmental drop-in and outreach sessions, one-on-one counseling, and medical and mental health care, as well as creative and educational workshops, needle exchange, and accurate up-to-date referrals and information. We strive to empower homeless youth to protect themselves, educate each other, reduce harm within the community, and transition off the streets.

Wednesdays

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Wellness Wednesday Harm Reduction Lounge for gay and bi men. Every Wednesday 2-4pm at 117 6th street.

This event is meant to support gay and bi men to relax, slow down and tend to their bodies. We offer free massage and acupuncture by practitioners from the Immune Enhancement Project. Wellness Wednesday is a place to grab a cup of tea, chill out, meet and hang with other men who are making harm reduction work for them- from safer use to abstinence. All goals around substance use are respected. Come sober. Come high. Come as you are! Hosted by very fabulous volunteers and home of SF's only syringe exchange by and for gay men.

Stonewall Counseling at Magnet in the Castro www.stonewallsf.org Drop-in or by appointment. We suggest appointments. You can make one by Magnet's front desk at (415) 581-1600. Wednesdays, 3:30 - 5:30pm, Fridays, 2:00 - 5:20pm 4122 18th street Want to talk to somebody about what's going on in your life? The Staff from the Stonewall Project (a counseling program for gay and bisexual men), a sister program of the San Francisco AIDS Foundation, are ready and able to listen. Call Magnet to schedule a 40-minute counseling session, for up to four sessions, on Wednesdays and alternating - bilingual in Spanish on Friday's.

STONEWALL WALK IN GROUP

Every Wednesday at 6PM 1035 Market street room 4A www.stonewallsf.org
Gay and bisexual men interested in substance use support/counseling are welcome. Interested in discussing how you feel about yourself and your substance use? Come join us in an open, non-judgmental space to talk about things without any pre-determined agenda other than a safe, accepting and frank exploration of ideas and possibilities for yourself and the changes you may want to make in your use. Find out more about the Stonewall Project and our program for making positive changes in your life.

Life Ring : Wednesday 7:30 PM Kaiser CDRP Room 5 1201 Fillmore street SF

Focus: How was your week? Note: Meets at McDonalds half a block away if Kaiser is closed Contact: Scott P. Phone: 415.678.7594 Email: scpscottybee@aol.com
LifeRing is a network of people who support one another in living free of alcohol and other non-medical addictive drugs. Meetings are friendly, confidential, non-judgmental gathering of peers. There is no religious or anti-religious content in the meeting process. Focus: How was your week? LifeRing is a self-help group based on a philosophy of secular (nonreligious) mutual support and discussion of all life issues, including work, relationships, the law, drugs, or anything else deemed important to members. It subscribes to the traditional abstinence model and views any use as relapse. Meetings are unstructured and informal. At a typical meeting a "convener" calls the group together and reads a statement about LifeRing, indicating there are no steps and no sponsors and that discussion is open and intended for mutual help.

SMART RECOVERY www.smartrecovery.org Wed. 7-8 St. Francis Memorial Hospital

The goal of SMART Recovery is to build skills to maintain abstinence. Introductions are informal, and meetings are led by "coordinators" who may or may not have had a drinking problem but have been sober at least a year and adhere to SMART principles. No formal training is required to be a moderator, but training sessions are offered and coordinators are encouraged to attend. Wednesday 7:00-8:30PM Saint Francis Memorial Hospital, 900 Hyde St. (between Bush & Pine St.s) Hoffman Room, Second floor. NO MEETING: 1st Wednesday in December 415-673-2848 Dr. Michael Edelstein (VA) Jim B. (F) DrEdelstein"AT"ThreeMinuteTherapy.com

Homeless Youth Alliance Drop In (for youth 13-29)

Wednesdays 11:30pm – 2pm Drop-In 1696 Haight Street
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food, bathroom and shower facilities, hygiene and safer-sex supplies, phones and internet, and individual case management. If you are interested in a shower show up right at 11:30 to sign up.

Homeless Youth Alliance Therapy with Maurice from Harm Reduction Therapy Center (for youth 13-29) Wednesdays 11:30am - 2pm 1696 Haight street @ Cole

Youth may access a single therapy session on an on-demand basis, or may engage in ongoing psychotherapy over months or even years. A private office is available to ensure confidentiality; but based on individual preference, sessions may take place on the sidewalk, in the park, drop-in center, or at a cafe. Direct psychiatric services are also made easily available as needed. All of our mental health services are provided through collaboration with the Harm Reduction Therapy Center.

Thursdays

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Over the Influence Castro Book Club Every Thursday from 6-8PM

Meet other gay men in a supportive environment and learn about some practical tools to manage alcohol and other substances. Over the Influence presents the Harm Reduction approach, a powerful alternative to traditional treatment. Learn how to set and meet your own goals for gaining control over drinking and drugs. Over the Influence puts you in the driver's seat with a new and empowering road map for changes. For more information call 415 287 3114 4200 18th St. Suite 203 at Collingwood

STONEWALL PASO A PASO Grupo de Apoyo Thursdays 6PM-7:30 / Jueves 6-7:30PM

Welcome to Paso a Paso, a safe welcoming bilingual group for Latino gay, bisexual, and other men who have sex with men. The purpose of this group is to explore issues related to our substance use, sexuality and culture in a basic, harm reduction process. Rich Lugo 828-4787

4200 18th St. Suite 203 at Collingwood

ASAP Counseling and Case Management Services Harm Reduction Group

Every Thursday 10AM sign up- space is limited. Any questions call 476-3902. Group meets from 10:30-12:30 every Thursday at 1930 Market St. @ Laguna St. This harm reduction group welcomes everyone (men, women, transfolk, HIV+ and HIV- folks) and all goals around substance use and/or alcohol use are welcome. Coffee is served.

Lifering Support Group Thursdays 7:30pm – 8:30pm at GLBTQ Center 1800 Market

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Life Ring Meeting for all who served or are serving in the military

Thursday 11:00 AM Fort Miley, 4150 Clement Street Building 200 Room GA-48

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Focus: How was your week? Note: Open to all who served or are serving in the military

Contact: Tonisa C. Phone: 806.290.1293 Email: tcclardy2002@yahoo.com LifeRing is a self-help group based on a philosophy of secular (nonreligious) mutual support and discussion of all life issues, including work, relationships, the

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Homeless Youth Alliance Therapy with Justin from Harm Reduction Therapy Center (for youth 13-29) Wednesdays

Thursdays 11am - 1pm at HYA 1696 Haight street @ Cole

Youth may access a single therapy session on an on-demand basis, or may engage in ongoing psychotherapy over months or even years. A private office is available to ensure confidentiality; but based on individual preference, sessions may take place on the sidewalk, in the park, drop-in center, or at a cafe. Direct psychiatric services are also made easily available as needed. All of our mental health services are provided through collaboration with the Harm Reduction Therapy Center.

Fridays

LIFERING WORKBOOK MEETING: Recovery by Choice workbook.

Fridays 6-7PM at Alano Club 1748 Market Suite 202

Focus: Recovery by Choice workbook study Contact: David H. Phone: 415-860-2659 Email: davidh.lifering@gmail.com

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STONEWALL TCB FRIDAY (Taking Care of Business) Group Every Friday 2– 3:30PM

Come for some pre-weekend TLC at the TCB Friday walk in group for gay/bi men. Whether the coming weekend fills you with joy or the jitters...whether you are new to Stonewall, curious and just dipping your toe in the water, or a long time Stonewall program participant, you are welcome. Plan for the weekend you want with your peers and the support of counselors Wade Smith and Chris Powers. Get nonjudgmental support to meet your substance use goals: from safer use, to planned use, to reduced use, to partial abstinence, to abstinence. Group begins with a short meditation &

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grounding exercise then invites members to chew on different topics each week.

1035 Market street, room 3E

SMART RECOVERY www.smartrecovery.org

Friday 7:00-8:30 PM St. Francis Memorial Hospital 900 Hyde St. (bet. Pine & Bush) Second Floor, Weyerhaeuser Room
No Meeting: 4th Friday in April, July, October 415-673-2848 415-933-0651 Dr. Michael Edelstein (VA) VJ Petker (F)
DrEdelstein"AT"ThreeMinuteTherapy.com vjpetker@gmail.com www.threeminutetherapy.com/smartmeetings.html
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Saturdays

Life Ring Saturdays 10am-11am at the GLBTQ Center 1800 Market rm Q33

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Sundays

LifeRing Meeting Sundays 10AM at Alano Club

1748 Market street, suite 202 SF LifeRing is a network of people who support one another in living free of alcohol and other non-medical addictive drugs. Meetings are friendly, confidential, non-judgmental gathering of peers. There is no religious or anti-religious content in the meeting process. Focus: How was your week? Contact: Chris A. Phone: Email: chinaski360@gmail.com LifeRing is a self-help group based on a philosophy of secular (nonreligious) mutual support and discussion of all life issues, including work, relationships, the law, drugs, or anything else deemed important to members. It subscribes to the traditional abstinence model and views any use as relapse. Meetings are unstructured and informal. At a typical meeting a "convener" calls the group together and reads a statement about LifeRing, indicating there are no steps and no sponsors and that discussion is open and intended for mutual help.

GLIDE – "Keeping It Real" Every Sunday 1PM-3PM Glide Foundation Church | 330 Ellis in Freedom Hall Make sure you're ready for laughter, tears, love and hope for some real "F'ing" recovery because this group, led by a true recovery Queen Terry Harper, will have you on the edge of your seat. This is a weekly group that you will look forward to all week! It gives you the opportunity to relate to people in all walks of life- in all types of recovery, and to create relationships in a place that has been true to embracing differences and re-defining love. *FYI* Room can change from week to week so just ask around when you get there!

The Harm Reduction Therapy Center www.harmreductiontherapy.org

Harm reduction psychotherapy is a non-12-step based approach that does not require participants to adopt the disease philosophy in order to change or quit substance use. Drug and alcohol problems are addressed along with other social, emotional, health and occupational concerns. At HRTC, we believe that there are as many ways to change or manage substance use as there are individuals who use.

Please send corrections, additions, suggestions to tmorris@sfaf.org Thanks!

The Harm Reduction Therapy Center has a mission to radically expand treatment options for people who use drugs by offering harm reduction psychotherapy and our integrated treatment model to everyone who has a problem with drugs or alcohol, regardless of whether they want to quit and no matter what other problems they have. To accomplish that, HRTC provides therapeutic services to the clients and participants of five community-based agencies: All of HRTC's treatment services are for residents of the neighborhoods in which the programs are located and participants in the host agencies' programs.

Who can benefit from Harm Reduction Therapy?

Anyone is welcome in our treatment program, regardless of their current substance use and regardless of their primary concerns or goals. A person's goals can range from complete abstinence to controlled or safer use.

Harm Reduction Therapy is suited for anyone who:

- Is questioning whether their use of drugs and alcohol is a problem
- Has tried abstinence-based approaches and found them to be ineffective or undesirable
- Relapses frequently after attempts to be "clean and sober"
- Also suffers from emotional, relationship or other life problems and wants help with these issues at the same time.
- Wants to prevent possible future harms and to ensure a safe and healthy relationship with drugs and alcohol.

Harm reduction therapy can help anyone who wants to change their relationship to alcohol and other drugs.

If you are someone who can afford counseling with HRTC and/or has insurance Contact HRTC for an appointment or information. Please call 415.863.4282 extension 2.

The Harm Reduction Therapy Center offers services in the community for free.

Asian and Pacific Islander Wellness Center www.apiwellness.org

730 Polk Street, San Francisco, CA 94109 | Tel 415.292.3400 |

HRTC provides psychiatry treatment for people who receive HIV care at API Wellness Center. Psychiatry Clinic Monday 1:30 – 5pm

Hospitality House Tenderloin Self-help Center www.hospitalityhouse.org/

290 Turk street @ Leavenworth (415) 776-2102

Harm Reduction Individual Therapy Monday, Wednesday, Thursday, Friday 9am-4:30pm

Harm Reduction Groups Monday, Wednesday, Thursday, Friday 1:30pm-2:30pm

Drumming Group (Part of the Holistic Wellness Project) Wednesdays 5:30pm-6:30pm

Medical Triage and Psychiatry Clinics Thursday 2pm-5pm (older adults only)

Central City Hospitality House -- Sixth Street Self Help Center www.hospitalityhouse.org/

Harm Reduction Groups Monday, Wednesday, and Friday 9:30am-10:30am

Harm Reduction Individual Therapy Mondays and Tuesdays 2:30pm – 5pm

Harm Reduction Individual Therapy Wednesdays, Thursdays, Fridays 1pm-5pm

Central City Hospitality House Sixth Street Self Help Center

181 6th street (temporarily- until 169 6th is repaired after flood in building)

Mission Neighborhood Resource Center www.mnhc.org

165 Capp Street @ 16th (415) 869-7977

Harm Reduction Individual Therapy Monday & Friday 9am- 5pm Tuesdays 1pm- 5pm

Ladies' Night Thursday (women only wellness night) Individual Therapy 6pm-8pm

Homeless Youth Alliance www.homelessyouthalliance.org/

1696 Haight Street (near Cole) (415) 565-1941

Harm Reduction Individual Therapy Wednesday, Thursday, and Friday 11 – 3

Young Men's Harm Reduction Group Wednesday

Medical Triage and Psychiatry Clinic Tuesday 1pm- 4pm

Please send corrections, additions, suggestions to tmorris@sfaf.org Thanks!

Harm Reduction Therapy Center Office/SF Drug Users' Union 149 Turk Street

San Francisco Drug Users Union Monday -Wednesday 10am- 6pm, Thursday 10am- 2pm

Office-Based Opiate Treatment Program (OBOT) Thursdays 9am- 3pm

Office-Based Opiate Treatment OBOT Group Thursday 10:30am-11:30am

RESOURCES FOR THE HARM REDUCTION CURIOUS

Stonewall Project www.stonewallsf.org The Stonewall Project is a harm reduction program of the San Francisco AIDS Foundation welcoming gay, bisexual and heteroflexible men. We offer a spectrum of programming including social events, wellness nights with massage, acupuncture and yoga, syringe exchange, drop in harm reduction groups, book clubs, PROP, and individual and group substance use counseling for men interested in exploring their relationship with any drug(s) and/or alcohol. There is no requirement you be clean and sober (or want to be) to join us.

The Speed Project www.tspfsf.com

Tweaker.org www.tweaker.org

Harm Reduction Therapy Center <http://www.harmreductiontherapy.org/> The Harm Reduction Therapy Center (HRTC) is a certified drug and alcohol program dedicated to providing alternative treatment to people with drug and alcohol problems. HRTC offers a radically different approach to working with alcohol and other drug users and the people who care about them.

Harm Reduction Coalition www.harmreduction.org

San Francisco Drug Users Union www.sfdrugusersunion.org/ . (415) 990-3827 info@sfdrugusersunion.org
www.sfdrugusersunion.org twitter: @drugusersunion.org

Harm Reduction, Abstinence, Moderation Support (HAMS) The HAMS Network provides on line and in person peer support for people wanting to change their drinking. Developed by Ken Anderson, it offers well-researched methods for assessing your risks, your goals, and your strengths. It offers a 17 point method for either moderation or abstinence. The HAMS Harm Reduction Network, Inc.

P. O. Box 498 Prince Street Station New York, NY 10012 Tel: 347-678-5671 hams@hamshrn.org

PODCASTS and VIDEOS for the HARM REDUCTION CURIOUS

Dr. Patt Denning- Clinical Director of the Harm Reduction Therapy Center Wise Counsel Podcast: Mentalhelp.net interview with Patt Denning, Ph.D. on Harm Reduction Psychotherapy for Substance Abuse and Addictions http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=28970&cn=14

Dr. Gabor Mate Gabor Maté M.D. is a physician and bestselling author whose books have been published in nearly twenty languages worldwide. Dr. Maté is highly sought after for his expertise on a range of topics, from addiction and attention deficit disorder (ADD) to mind-body wellness, adolescent mental health, and parenting. <http://drgabormate.com/>

Cultural Baggage Launched in early 2001, Cultural Baggage, hosted by Dean Becker, is the only nationally distributed radio program focused on discussing the war on drugs. The weekly, half-hour program features interviews with prominent experts on drug policy and harm reduction. <http://www.drugtruth.net/cms/>

BLOG TALK RADIO: Addiction Treatments That Work with Kenneth Anderson This series interviews experts in the addictions field, with a focus on evidence-based, cutting-edge approaches to substance abuse problems. Host Kenneth Anderson is the founder and CEO of The HAMS Harm Reduction Network and the author of "How to Change Your Drinking: a Harm Reduction Guide to Alcohol." Check out this awesome series of interviews. <http://www.blogtalkradio.com/harm-reduction> or download on iTunes <http://itunes.apple.com/bw/podcast/addiction-treatments-that/id424158494>

Harm Reduction Coalition's Podcasts Hosted by National Director Alan Clear An amazing series of podcasts hosted by harm reduction activist and advocate Alan Clear, Director of the Harm Reduction Coalition. HRC's weekly podcast features the voices and views of those in the harm reduction community. Check it out! www.harmreduction.org

Please send corrections, additions, suggestions to tmorris@sfaf.org Thanks!

BOOKS for the HARM REDUCTION CURIOUS

Over the Influence: The Harm Reduction Guide for Managing Drugs and Alcohol by Patt Denning, Jeannie Little and Adina Glickman "Imagine if all that counted in helping people with drug problems were science, compassion, health, and common sense. Imagine if the bottom line were simply a matter of helping people get their lives together, one step at a time, in their own particular way. Read this wonderful book, and what you imagine just might become real. "--Ethan Nadelmann, PhD, Executive Director, Drug Policy Alliance.

"How to Change Your Drinking: a Harm Reduction Guide to Alcohol" by Kenneth Anderson who founded is the first and only lay-led, free-of-charge support group for harm reduction for alcohol. HAMS- Harm Reduction for Alcohol <http://hamsnetwork.org/>

In the realm of the Hungry Ghosts by Dr. Gabor Mate "In this timely and profoundly original new book, bestselling writer and physician Gabor Maté looks at the epidemic of addictions in our society, tells us why we are so prone to them and what is needed to liberate ourselves from their hold on our emotions and behaviors."

ONLINE GUIDED SELF-CHANGE PROGRAMS

From Harm Reduction Therapy Center's site ☺

<http://www.harmreductiontherapy.org/content/harm-reduction-organizations>

Behavioral Self-Control Program for Windows

This is an interactive software program for alcohol moderation training that consists of eight computer-assisted sessions. It gives you individualized feedback and helps you assess your chances of succeeding at moderation, shows you how to set up rewards for yourself, deal with triggers, etc. (see www.unm.edu/~cosap/behavioral_self.htm).

Drinker's Check-Up (also works with drugs)

Another interactive software program for assessment, feedback, and decision making about your alcohol use, as well as secondary information about drug use. (Download program from rhester@behaviortherapy.com)

Reid Hester, PhD Behavior Therapy Associates 9426 Indian School Road NE, Suite 1 Albuquerque, NM 87109
505-345-6100 www.drinkerscheckup.com

Visit www.tpsf.com the speed project's website if you are looking for...

- Free massage, acupuncture, foot care
- Free/low cost exercise and fitness resources
- Nutrition and food resources
- Meditation, tai chi, and stress reduction resources
- Public restrooms
- SF alternatives (or additions) to 12 step support groups
- Hepatitis C support groups
- Stonewall's walk in individual and group service schedule
- SPEEDOMETER the zine ♥
- DOPE PROJECT (overdose prevention and response)NARCAN TRAINING/DISTRIBUTION CALENDAR.....15 minutes of training and you could save a life.
- City wide syringe exchange schedule

Please send corrections, additions, suggestions to tmorris@sfaf.org Thanks!

MOVEMENT, FUN! AND STRESS REDUCTION ARE GREAT WAYS TO SUPPORT YOURSELF AS YOU MAKE CHANGES....

SF GENERAL HOSPITAL HAS A KICK ASS Community Wellness Center

SF General Hospital and Trauma Center 1001 Potrero Ave. Suite 2D35 (2nd floor, across from Cafeteria) Visit us at www.sfghwellness.org for more wellness on our Community Calendar. (415) 206-4955

All Classes are FREE FREE FREE FREE FREE FREE FREE FREE

MONDAYS

10:30-11:30 AM Healing Hula

12:00-1:00 PM Strength Training

4:00- 5:00 PM City Smart Self Defense **

5:00- 6:00 PM Zumba

TUESDAYS

10:30-11:30 AM Yoga (bilingual English/Spanish)

12:00–1:00 PM Hip-Hop Dance

3:30- 4:30 PM World Dance Workout

8-9 PM Night Shift Yoga

WEDNESDAYS

10:30–11:30 AM Chair, Stretch & Boogie

12:00– 1:00 PM Yoga (Staff only)

1:30- 4:00 PM WOW English as a second language

5:00- 6:00 PM Salsa Dance

THURSDAYS

11:00– 1:00 PM Chair Massage (1st & 3rd Thursdays of the month)

1-2pm Strength Training

2:00 - 3:00 PM Easy Seasonal Cooking Demo and tastings

3:30– 4:30 PM Yoga (English and Cantonese)

FRIDAYS

10:30-11:30am Zumba Gold (bilingual English/Spanish)

12:00–1:00 PM Bollywood Dance

Find us on Facebook! Community Wellness Program: A Project of the San Francisco Department of Public Health

Foods that make your Liver Happy and Foods that help Detoxify your body

By Roe Giuliano Alien Meth Fiend, San Francisco

Please send corrections, additions, suggestions to tmorris@sfaf.org Thanks!

Stacey Rubin, RN Harm Reduction Training Institute, Oakland

Foods that Make your Liver Happy!

Acorn squash, broccoli (more vitamin C than oranges!), asparagus, cabbage, butternut squash, burdock, brussel sprouts, artichokes, beets, garlic, cauliflower, celery, carrots, cucumber, collards, jicama, kale, sprouts, daikon, parsley, potatoes, sweet potatoes, romaine lettuce, peas, spinach, pumpkin, dandelion, string beans, bananas, summer squash, spirulina and green algae.

Tips:

Juice yer veggies or throw them in a blender

Steamed veggies are easier to digest than raw veggies

Sauerkraut and kim chi provide healthy intestinal flora (bacteria- the good kind)

Get your omega 3/GLAs with walnuts, pumpkin seeds, flax, primrose, and hemp seed oils.

Eating Miso with dulce increases intestinal flora and immunity.

Foods that make your Liver Sad!

Sugar, fatty greasy food, fast food, trans fats, hydrogenated and synthetic oils, red meat.

Foods that help your Detoxify your body

Mung beans, aduki beans, spinach, garlic, cucumber and celery (cooling to your system) sea weeds, and mushrooms.

These foods/herbs will help CHILL YOU OUT DURING DETOX

Oats (oatmeal with peanut or almond butter-yum!)

Cucumber, celery, bananas, artichokes, seaweeds, beets, sweet potatoes, miso, broccoli, cabbage, mung beans, leafy greens, aduki beans, garlic, nuts and seeds.

Tips: If you have Hep C milk thistle is key (protects yer liver)

Teas: skullcap, valerian root, passion flower, and cat nip reduce cravings.

Vitamin B complex .

Stay away from sugar, it temporarily spikes your blood sugar and your serotonin drops increasing drug cravings.

Eat regular meals...cravings often mean your blood sugar is low so eat healthy snacks to reduce cravings.

Try eating first before you go back to using...you might just be hungry.

Don't forget exercise, meditation, deep breathing, positive thoughts...mind over matter.

Please send corrections, additions, suggestions to tmorris@sfaf.org Thanks!