

MONDAYS

1035 MARKET **WALK IN OVER THE INFLUENCE BOOK CLUB** Monday 12-1:30PM, room 2C. Join anytime on any chapter. Check out this amazing book by the Harm Reduction Therapy Center. Facilitators Aníbal Mejía & Sharleen Phillips.

1035 MARKET **ENROLLED SUBSTANCE USE MANAGEMENT SKILLS ENHANCEMENT** Monday 6-7:30PM, room 3E. Substance Use Management (SUM) is designed to help participants optimize the positive value of using substances while reducing the negative impacts. Facilitators Jeremy Prillwitz & Chelsea Farrell.

STRUT (470 CASTRO) **ENROLLED TARGETED ABSTINENCE SKILLS ENHANCEMENT** (formerly known as Partial Abstinence) Monday 6-7:30PM, group room 2. Facilitators Paul Kilfoil & Peter Carnini.

STRUT (470 CASTRO) **ENROLLED ABSTINENCE SKILLS ENHANCEMENT** Monday 6-7:30PM, group room 1. This group focuses on topics and skills to help participants remain abstinent from all drugs and alcohol without a judgmental approach to relapse or slips. (Alumni are welcome; please speak with facilitators about attending.) Facilitators Doug Foster & Marcelo DeSousa.

TUESDAYS

1035 MARKET **WALK IN CRYSTAL CLEAR** Tuesday 11:30-1:00PM, room 3E. Celebrating Blackness every Tuesday – Crystal Clear is a harm reduction group for Black and African American men who have sex with men interested in discussing past and current experience with crystal meth. Facilitators Alex Locust & Andre Jackson.

117 6th ST. **WALK IN 6TH STREET HARM REDUCTION DROP IN GROUP** Tuesday 1-2:30PM beginning with snacks, good company and coffee at 117 6th St. at Mission. Facilitators Michael DeLaRosa & Erika Maruyama.

STRUT (470 CASTRO) **WALK IN STONEWALL READING & DISCUSSION GROUP: WHEN THINGS FALL APART** by Pema Chödrön. Tuesday 4-5:30PM, group room 1. This group works with various authors and writings over time to explore topics related to harm reduction, healing, and overall well-being. This cycle we explore the question of how do we live our best lives when continually overcome by fear, anxiety, and pain. Chödrön offers tools for transforming suffering and negative patterns into “habitual ease and boundless joy.” Facilitators Kyle Temple & Sharleen Phillips.

1035 MARKET **ENROLLED EMOTIONS AND MINDFULNESS/+ALUMNI** Tuesday 6-7:30PM, room 3C. This group helps participants access their inherent wisdom and joy through skillful practice with a particular focus on working through difficult emotions through acceptance and surrender. Facilitators Jeremy Prillwitz & Alejandro Regalado.

STRUT (470 CASTRO) **ENROLLED SEX & INTIMACY** Tuesday 6-7:30PM, group room 1. This group supports men in addressing sex/drug linked behavior so that they can meet and maintain their abstinence or targeted abstinence goals without sex and intimacy taking them off course. Facilitators Paul Kilfoil and Chris Powers invite you to this supportive sex-positive group. **Note:** This is not a walk-in group; please talk with your primary counselor about enrolling.

STRUT (470 CASTRO) **WALK IN SMART DRINKING** Tuesday 6-7:30PM, group room 2. Want to change your drinking habits? Find **your** way to safer drinking, controlled drinking, reduced drinking or quitting at the Castro Smart Drinking Group. Facilitators Rich Lugo, Ed Diaz & Tyrone Clifford.

WEDNESDAYS

1035 MARKET **WALK IN COMMUNITY GROUP** Wednesday 11:30-1:00PM, room 3C. A discussion group to explore relative topics pertaining to our identities and the communities to which we belong. Facilitators Alex Locust & Leora Lerba.

STRUT (470 CASTRO) **WALK IN DAMN, DADDY! REAL TALK ABOUT GETTING OLDER AS A GAY MAN** Wednesday 2-3:30PM, group room 1. This group provides space for gay, bi, & trans men 50 & older to explore & celebrate the achievement of aging and making the most of it. We talk about sex, drugs, health, family, and anything else that’s on our minds as we navigate getting older with dignity and pride. Facilitators Peter Carnini & Kyle Temple. #50isthenew30 #MatureMenRock

1035 MARKET **WALK IN THE STONEWALL LOUNGE** Wednesday 4:45–6PM, room 3A. Feeling anxious about coming to a group? Try our low-key, no-stress Wednesday social hour “lounge.” We’ll be hosting a “mocktail” each week, hors d’oeuvres, and casual conversation. Drop in and hang out; meet new people or reconnect with friends; chill out in the corner or join in the fun ... we’ll be there each week armed with games, coloring books, chill music, and mood lighting. Facilitators Aníbal Mejía & Erika Maruyama.

STRUT (470 CASTRO) **WALK IN HEALTHY WORKS CASTRO** Wednesday 5:30-7:30PM, Fishbowl. We have needle exchange services, including Narcan, fentanyl strips and wound care/Hep C testing and linkage when available. Private appointments are also available. Facilitators Michael DeLaRosa & Ed Diaz.

1035 MARKET **WALK IN START HERE! ORIENTATION TO STONEWALL** Wednesday 6-7:30PM, room 3A. This weekly group orients newcomers to who we are, what we do, and how to get the most out of our services. Join us for an interactive exploration of Stonewall’s Harm Reduction approach and how it works to help you identify, plan, and achieve your substance use goals. Facilitators Alan Camardo & Erika Maruyama.

1035 MARKET **ENROLLED SUBSTANCE USE MANAGEMENT SKILLS ENHANCEMENT** Wednesday 6-7:30PM, room 3E. (Please see Monday for group description.)

STRUT (470 CASTRO) ENROLLED TARGETED ABSTINENCE SKILLS ENHANCEMENT Wednesday 6-7:30PM, group room 2. (Please see Monday for group description.)

STRUT (470 CASTRO) ENROLLED ABSTINENCE SKILLS ENHANCEMENT Wednesday 6-7:30PM, group room 1. (Please see Monday for group description.)

THURSDAYS

1035 MARKET ENROLLED MANAGING YOUR MOOD Thursday 12-1:30PM, room 3E. Develop skills to take more effective action in the present moment by learning how to observe and accept difficult thoughts, memories and emotions that impact your mood. This group will help you identify your values, set realistic goals, and make a commitment to live a more meaningful life. Facilitators Alan Camardo & Andre Jackson.

STRUT (470 CASTRO) "NEW" WALK IN FREE 2 B Thursday 4:30-6PM, group room 2. Created for you, by you – this harm reduction group is a space for gay/bi/transmen/MSM from communities of color to explore the intersections of race, sexuality, and substance use. Facilitators Alex Locust, Aníbal Mejía & Tyrone Clifford.

1035 MARKET WALK IN STONEWALL ACUPUNCTURE AND MASSAGE LOUNGE Thursday 6-7:45PM, rooms 3A and 3D. Drop-in acupuncture and massage therapy lounge. Facilitators Chris Powers, Nicollette Maristela & Alejandro Regalado.

1035 MARKET ENROLLED CHANGE SEMINAR – SUBSTANCE USE MANAGEMENT Thursday 6-7:30PM, room 3E. A process group for those who are meeting their substance use management goals and are thinking about life beyond the Stonewall Project. Be prepared to dive deep. Facilitators Doug Foster & Joey Hess. **Note:** This is not a walk-in group; please talk with your primary counselor about enrolling.

STRUT (470 CASTRO) ENROLLED CHANGE SEMINAR – ABSTINENCE & TARGETED ABSTINENCE Thursday 6-7:30PM, group room 1. A group for those who are meeting their partial or total abstinence goals and are thinking about life beyond the Stonewall Project. Facilitators Kyle Temple & Leora Lerba.

FRIDAYS

1035 MARKET WALK IN "OUTSIDE IN" Friday 9:30-11AM, room 2C. A discussion group for exploring the unique challenges, successes, emotions and general experience of gay/bi/trans/MSM men who have been at times homeless and at other times, housed. Facilitators Chris Powers & Alan Camardo.

1035 MARKET WALK IN TCB FRIDAY (Taking Care of Business) Group Friday 2-3:30PM, room 3D. Not quite ready for the weekend? Come for some pre-weekend TLC at the TCB Friday walk-in group for gay/bi/trans/MSM men. Share your experiences, get and give peer support, and learn a new grounding/mindfulness exercise each week. Facilitators Aaron Rohrer & Chelsea Farrell.

STRUT (470 CASTRO) WALK IN CASTRO HARM REDUCTION FRIDAY NIGHT Friday 6-7:30PM, group room 2. A fun, friendly, welcoming place for gay/bi/trans/MSM men interested in exploring their relationship to drugs, alcohol, sex, dating and other topics. Come as you are, high, low or in between. Facilitators Rich Lugo & Ed Diaz.

CHEERS QUEERS!! Are you a gay, bi or trans man who has sex with men? Do you like to drink? Come stop by Strut at 4pm any Monday through Friday and ask for Ed or Rich to see if you are eligible for our incentive-based risk-reduction consultation, stop by the Smart Drinking walk-in group on Tuesday evenings, or go online to <www.cheersqueers.org>. You could make up to \$60 in VISA gift cards if you qualify! A desire to change is not required."

Time for a sexual health screening? Strut (new home for Magnet) provides free and confidential sexual health services.

- Testing and treatment for syphilis, chlamydia and gonorrhea
- Confidential rapid HIV antibody testing
- Hepatitis A & B vaccinations

STRUT @ 470 Castro St. Walk in, call (415) 581-1600 or schedule online at www.strutsf.org. Hours: Monday, Friday & Saturday 10AM-6PM; Tuesday, Wednesday & Thursday 10AM-8PM Closed Sunday.

Free confidential rapid **HIV & Hep C testing** at the **6th Street Harm Reduction Center** at **117 6th Street**: Tuesdays, Wednesdays and Fridays; **11am – 1pm**, Thursdays from **11am to 5pm** and Saturdays from **7pm to 11pm**.

Syringes are also available at our **6th Street Harm Reduction Center** (117 6th Street) during the following hours: Monday–Friday 9am–5pm and Saturdays 7pm–11pm. You can also pick up syringes at Strut in the Castro (Strut hours & location in the box above).

Looking for something to do right now? Visit www.tspfsf.com and check out Broke but Not Bored in SF, free/low cost massage, acupuncture, yoga, meditation, HIV+ support, gym & fitness resources and alternatives (or additions) to 12-step support groups.

Stonewall Project welcomes persons with disabilities. We are wheelchair accessible and open to additional access accommodations. Please contact Robert Holum at 415-487-8067 or rholum@sfaf.org for more information.

STONEWALL
PROJECT

STONEWALL/SFAF 1035 Market St. or at Strut 470 Castro St., 3rd floor
415-487-3100 www.stonewallsf.org www.tweaker.org www.tspfsf.com
come high * come low * come as you are*