

ENROLLED PROGRAM SCHEDULE – February 2018 – May 2018

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 Anibal Mejia & Gil Perez.

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 & Alan Camardo.

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 helps participants remain abstinent from all drugs & alcohol, without a judgmental approach to relapse or slips. Facilitators Wade Smith & David Banda. This group was formerly a walk in group.

TUESDAYS

1035 MARKET **WALK IN CRYSTAL CLEAR** Tuesday 11:30-1:00PM, room 3E. A harm reduction group for gay/bi/transmen/MSM of the Black Diaspora who have had past and current experience with crystal meth. Facilitators Alex Locust & Roy Tidwell.

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 Chris Powers, Michael DeLaRosa & Rani Marcos.

STRUT (470 CASTRO) **WALK IN THE VELVET RAGE BOOK CLUB: OVERCOMING THE PAIN OF GROWING UP GAY IN A STRAIGHT MAN'S WORLD** Tuesday 4-5:30PM, group room 2. This book club explores the complexity of gay identity and culture, HIV, substance use, healing relationship trauma, shame, internalized homophobia and much more. Facilitators Wade Smith & Nicollette Maristela.

1035 MARKET **ENROLLED EMOTIONS AND MINDFULNESS/+ALUMNI** Tuesday 6-7:30PM, room 3E. 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 & Erika Maruyama.

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 & Gil Perez.

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 & Doug Foster.

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 Kyle Temple & Leora Lerba.

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 *WALK IN 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 & Erika Maruyama.

1035 MARKET *WALK IN EXPRESS YOURSELF!* Thursday 2:00-3:30PM, room 2C. An expressive arts therapy drop-in harm reduction group where we get to express ourselves using various art forms (visual arts, music, etc.). No experience or expertise with any of the arts are required; anyone and everyone is welcome to join. Facilitators Rani Marcos & Leora Lerba.

STRUT (470 CASTRO) *"NEW" WALK IN STAND TOGETHER* Thursdays 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 & Anibal Mejia.

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 Kyle Temple, Gabriel Davis & Nicollette Maristela.

1035 MARKET *ENROLLED CHANGE SEMINAR – SUBSTANCE USE MANAGEMENT* Thursday 6-7:30PM, room 3E. A group for those who are meeting their substance use management goals and are thinking about life beyond the Stonewall Project. Facilitators Jeremy Prillwitz & Doug Foster.

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 Paul Kilfoil & 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 & Kyle Temple.

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 & Gabriel Davis.

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 & Gabriel Davis.

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 our new 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 new 6th Street Harm Reduction Center at 117 6th Street during the following hours: Monday through Friday 9am to 5pm and Saturdays from 7pm to 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.tpsf.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.tpsf.com
come high * come low * come as you are*