

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 Kyle Temple & Glenn Ontiveros.

1035 MARKET **ENROLLED MEN WITH MILES SUBSTANCE USE GROUP (MEN 45+)** Monday 6-7:30PM, room 3A. In this discussion group, we will explore topics and solutions that arise for gay/bi/trans/MSM men as we mature with our community. Topics will include: substance use, sex, relationships, self-esteem, health and wellbeing. Facilitators Peter Carnini & Frankee Carlson.

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 & Matthew Breuer.

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

STRUT (470 CASTRO) **WALK IN 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 & Francisco Escobar. This group was formerly an enrolled-only group.

TUESDAYS

1035 MARKET **WALK IN CRYSTAL CLEAR** Tuesday 11:30-1:00PM, room 3E. A harm reduction group for men who have sex with men of the Black Diaspora who have had experience with crystal meth. Facilitators Tiana Beard & 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 & Hannah Schwartz.

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 and Marc Grodner.

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 & Frankee Carlson.

STRUT (470 CASTRO) **WALK IN SEX AND DATING BOOK CLUB** Tuesday 6-7:30PM, group room 1. A book club for gay/bi/trans/MSM men who want to maintain their substance use goals without the ins and outs of sex and dating taking them off course. Each week, we will read and discuss a chapter or selection from a different book or blog. Facilitators Chris Powers & Paul Kilfoil.

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 & Glenn Ontiveros.

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 Tiana Beard & Christoph Zepeda.

1035 MARKET **WALK IN EXPRESS YOURSELF!** Wednesday 1:30-3PM, room 3D. 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. Facilitator Glenn Ontiveros.

1035 MARKET **WALK IN WELCOME TO STONEWALL** Wednesday 6-7:30PM, room 2C. A weekly group for those who are exploring their relationships with substances. Whether you're considering joining, recently enrolled, or just want a refresher course, this group explores what we do at Stonewall, the ideas behind harm reduction and how to get the most out of our services. Facilitators Kyle Temple & Christoph Zepeda.

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

WEDNESDAYS (continued)

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

STRUT (470 CASTRO) WALK IN ABSTINENCE SKILLS ENHANCEMENT Wednesday 6-7:30PM, group room 1.

THURSDAYS

1035 MARKET WALK IN MOOD MANAGEMENT Thursday 4:30-6PM, room 3B. A group focusing on providing a practical guide to better manage your emotions. Facilitators Tiana Beard & Enrique Vallejo.

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 Melissa Yost & Frankee Carlson.

1035 MARKET WALK IN PASO A PASO GRUPO DE APOYO Thursday 6-7:30PM, room 2C. A bilingual group for Latino gay/bi/trans/MSM men. Explore issues related to our substance use, sexuality and culture in a basic harm reduction process. Facilitator Francisco Escobar.

STRUT (470 CASTRO) 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 Peter Carnini & Kyle Temple.

1035 MARKET 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 & Hannah Schwartz.

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 & Peter Carnini.

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, Enrique Vallejo & Hannah Schwartz.

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 & Alan Camardo.

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.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*