

MONDAYS

1035 WALK IN **OVER THE INFLUENCE BOOK CLUB** M 12PM-1:30PM Room 2C Join anytime, on any chapter. Check out this amazing book by the Harm Reduction Therapy Center. Facilitator Lonnie Ferguson. All welcome.

1035 WALK IN **SKILLS BUILDING GROUP/ORIENTATION** M 6-7:30 room 3E Facilitator Wade Smith. All tracks welcome.

1035 **PARTIAL ABSTINENCE SKILLS ENHANCEMENT** M 6-7:30PM Room 2C Facilitators Peter Carnini & Emily Shannon.

1035 **ABSTINENCE: SKILLS ENHANCEMENT** M 6-7:30PM 3rd fl Swing Space Facilitators Paul Kilfoil & Robert Lizardy.

1035 **ADVANCED SKILLS ENHANCEMENT** Mondays 6-7:30PM 1035 Market, 4A Facilitators Melissa Yost & Lisa Serrano. All tracks welcome.

1035 **SUBSTANCE USE MANAGEMENT SKILLS ENHANCEMENT** Mondays 6-7:30PM Room 3A Facilitators Jeremy Prillwitz & Maya Earle. Substance Use Management (SUM) is designed to help participants optimize the positive value of using substances while reducing the negative impacts. Reduced and/or safer use of substances is discussed, and group members are encouraged to develop specific individualized plans for their substance use. Open, non-judgmental discussion of drug use is encouraged.

TUESDAYS

1035 WALK IN **CRYSTAL CLEAR: A Harm Reduction Group for African American Men Visioning Personalized Recovery** Tue.12-1:30PM 1035 Market Room 3E. Facilitator Jamal Bey. All tracks welcome.

6th street WALK IN **6th STREET HARM REDUCTION DROP IN GROUP** Tuesdays Group 2-3PM Door at 1:30 for snacks, good company + coffee at 117 6th street @ Mission Facilitators Aaron Rohrer & Erik Deiters. All tracks welcome.

CASTRO WALK IN **SMART DRINKING** Tuesdays 6-7:30PM 4200 18th St. #203
Want to change your drinking habits? Find **your** way to safer drinking, controlled drinking, reduced drinking, or quitting at the Castrol Smart Drinking Group. Facilitator Paul Kilfoil. All tracks welcome.

1035 **NEW WALK IN GROUP! 1035 SEX AND DATING BOOK CLUB** Tuesdays 6-7:30pm Rm 3D A walk-in book club for gay/bi/heteroflexible men who want to maintain their substance use goals without the ins & 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 around the topics of monogamy, polyamory, hooking up, HIV, & more. It might get juicy. Facilitators Chris Powers & Glenn Ontiveros. All tracks welcome.

1035 WALK IN **The Velvet Rage Book Club and Group/ + ALUMNI** Tuesdays 4-5:30PM room 2C
The Velvet Rage: Overcoming the Pain of Growing Up Gay in a Straight Man's World deals with the complexity of gay identity and culture, HIV, substance use, healing relationship trauma, shame, anger, validation, sexuality, internalized homophobia, masculinity and much more. Facilitators Wade Smith and Lisa Serrano. All tracks welcome.

1035 **EMOTIONS AND MINDFULNESS / + ALUMNI** Tuesdays 6PM-7:30 Room 3E The Mindfulness and Emotions Group helps participants access their inherent wisdom and joy through skillful practice. The group offers a particular focus on working through difficult emotions through acceptance and surrender rather than fighting against them or trying to push them away. The core teachings of mindfulness are discussed in detail, and applied to specific transformative formal and informal practices. Facilitators Jeremy Prillwitz and Lonnie Ferguson. All tracks welcome.

WEDNESDAYS

1035 WALK IN **WELCOME HOME GROUP** Wednesdays 6-7:30PM room 3E
Join us in an open, non-judgmental space to explore ideas & possibilities for yourself and changes you may want to make in your use. Facilitators Wade Smith & Erwin Sanders. All tracks welcome.

1035 **PARTIAL ABSTINENCE SKILLS ENHANCEMENT** Wednesdays 6-7:30PM Room 2C
Facilitators Peter Carnini & Emily Shannon.

1035 **SUBSTANCE USE MANAGEMENT SKILLS ENHANCEMENT** Wednesdays 6-7:30PM Room 3A
Facilitators Jeremy Prillwitz & Maya Earle (Please see Monday for the group description).

1035 **ABSTINENCE SKILLS ENHANCEMENT** Wednesdays 6-7:30PM 3rd fl Swing Space
Facilitators Paul Kilfoil & Robert Lizardy.

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

THURSDAYS

1035 WALK IN **PRIVATE NEEDLE EXCHANGE, VEIN CARE, & H.R. COUNSELING** w/Terry Thursdays 4pm-6pm. 4th floor Room 11 Pick up supplies privately and talk vein care, how drugs are fitting into your world, or anything that is on your mind. Referrals & helpful info too! Come high, come low, come as you are. tmorris@sfaf.org The safer injection slideshow, schedules + more on www.tspfsf.com

1035 WALK IN LATE AFTERNOON GROUP **ONE ROOM SCHOOL HOUSE** (all goals) **SKILLS ENHANCEMENT** Thursdays 4:30-6PM 1035 Market, room 3A. Facilitators Melissa Yost & Erwin Sanders. All tracks welcome.

1035 WALK IN **PASO A PASO GRUPO DE APOYO** Thursdays 5:30PM-7PM Jueves 5:30PM-7PM 1035 Market 4A Welcome to Paso a Paso, a bilingual group for Latino gay & bisexual men. Explore issues related to our substance use, sexuality and culture in a basic, harm reduction process. Facilitator Francisco Escobar. All tracks welcome.

1035 WALK IN **NEW GROUP! MINDFULNESS LAB** Thursday 6-7:30PM 1035 Market street, room 3E All tracks welcome. Mindfulness Lab is an eclectic weekly group which helps participants develop clarity, compassion and wisdom through practice. Each week, we bring a different reading on mindfulness, and engage in practice based on the teachings. Come with an open mind and experience mindfulness in action. Facilitators Rick Andrews and Jeremy Prillwitz. All tracks welcome.

1035 WALK IN **NEW WELLNESS SERVICE FOR STONEWALL CLIENTS: ACUPUNCTURE & MASSAGE** starts 10/22 Thursdays 6-7:30PM 1035 Market street, rooms 3D and 3B (limited to 20-30 people– first come * first served). A drop-in acupuncture & massage Therapy Lounge for Stonewall walk in and enrolled clients. Facilitators Aaron Rohrer and Chris Powers.

1035 **NEW ENROLLED GROUP! HEALING & TRANSITION GROUP** Thursdays 6-7:30PM 1035 Market, room 2C The goal of this group is **making the present better than the past** and **offering hope for the future**. The first 8 weeks is focused on developing usable coping skills to heal from intense life experiences, understand their impact on and substance use, and develop safety. The second 8 weeks will be focused on exploring and resolving grief and loss using a variety of methods. **You may do both 8 week sessions or just one**. Facilitators Sarah Thibault & Erwin Sanders. All tracks welcome.

FRIDAYS

1035 WALK IN **“OUTSIDE IN”** Fridays 9:30-11AM 1035 Market street, room 2C A walk-in discussion group for exploring the unique challenges, successes, emotions, and general experience of gay/bi/heteroflexible men who have been at times homeless and at other times housed. Each meeting will cover a specific topic followed by an opportunity to get suggestions, advice, and feedback from peers about what you need. Facilitator Chris Powers. All tracks welcome.

1035 WALK IN **TCB FRIDAY (Taking Care of Business) Group** Fridays 2-3:30PM Room 3D. Come for some pre-weekend TLC at the TCB Friday walk in group for gay/bi men. Plan for the weekend you want with your peers and the support of Stonewall counselors. Group begins with a short meditation & grounding exercise then invites members to chew on different topics each week. Facilitators Melissa Yost & Aaron Rohrer. All tracks welcome.

WALK IN **CASTRO HARM REDUCTION FRIDAY NIGHT / + ALUMNI** Fridays 6-7:30PM 4200 18th Street #203 A fun, friendly, welcoming place for gay, bi, MSM, interested in exploring their relationship to drugs, sex, dating, & whatever you want to discuss. Come as you are, high or low, or in between. Facilitators Sarah Thibault and Francisco Escobar. All tracks welcome.

Free confidential rapid **HIV & Hep C testing** at **Stonewall** Tuesdays, Wednesdays, Thursdays **3pm-5:30pm**

Time for a sexual health screening? Magnet provides free & confidential sexual health services in the heart of the Castro.

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

Magnet 4122 18th street Walk in, call (415) 581-1600 or schedule online at www.magnetsf.org

Hours: Tuesday 10am-6pm, Wednesday 10am-8pm, Thursday 10am-8pm, Friday 10am-8pm, Saturday 10am-6pm

Tip: Arrive by 9:30am to sign up for services at 10am. First come, first served. Closed Sunday and Monday

Syringes are available at the San Francisco AIDS Foundation in the client services **lobby** 1035 Market St. 4th Floor 9am-5pm Monday-Friday and privately every Thursdays 4-6pm in counseling room 11 or anytime you come for counseling at Stonewall– just **ask your counselor**. You can also pick up syringes at Magnet in the Castro (Magnet’s hours & location in the box above) Just say hello to the folks at the desk & let them know what size- longs, shorts, micros, 29’s or bee stingers & they will bring syringes and all the supplies to you in a discreet plain brown bag.