Hepatitis C Support Groups in San Francisco
(updated 3/3/14  please contact Terry Morris tmorris@sfaf.org with corrections/suggestions)

Mondays

HARM REDUCTION & HEP C SUPPORT GROUP at the 117 6th street syringe exchange
With Pauli Gray. Every Monday 4:15-5PM at 117 6th street. Harm Reduction support
and solidarity around the “silent virus”. Come High, come low, come as you are. Here you
will be heard. Bring a friend. See you then! Snacks and refreshments.
Syringe exchange always available.

SHANTI Hepatitis C/HIV Co-infection Support Group for gay/bi men
Mondays 4pm – 6pm Where: Castro Neighborhood. This group is appropriate for people
who are in HCV treatment, as well as those who are pre- or -post treatment or transplant.
Contact John at jolesen@shanti.org or (415) 674-4713 to join. A weekly closed support
group for gay/bi men living with HIV/HCV co-infection. This group provides information
about Cofactors, or issues that impact immune functioning, experiential exercises that
encourage clients to gain awareness of their own performance on health-related issues,
and facilitated peer support to eliminate the isolation and stigma of co-infected status.

Tuesdays

HEP C Support Group San Francisco General Hospital Medical Center - Building 80
Meets: Every Tuesday 5:00-6:30pm 995 Potrero Ave. 6th Floor San Francisco, CA Contact
Val Robb, RN for more information. Phone: 415.206.4370 (415.974.4370)

California Pacific Medical Hospital - (CHRC) Meeting
California Pacific Medical Hospital  San Francisco, CA
Meets On:  1st & 3rd Tuesday  Contact:  Rose Christensen
Phone: 415-333-2411  Space limited to 10-15 individuals

UCSF Hepatitis C Support Group
UCSF Medical Center 505 Parnassus Ave. 9 Long Solarium Room L-949 San Francisco
Meets On:  1st Tuesday of the month  2-3 pm
Jim Banta  Howard Crawford Email: sfdaprez at aol dot com
Phone: 415-595-4016 415-776-5291  This meeting will meet after the Liver Transplant
Support Group meeting. We will provide support, our hep C experiences and hepatitis C
information to help others treating their hepatitis C. We will discuss treatment protocols,
symptom management, managing blood level abnormalities and new non-interferon
treatments that will be available in the next couple of years. Plus any issues that people
want to discuss. We welcome those the are pre and post transplant patients as well as
others with lesser liver disease.

Please send and corrections or suggestions to Terry Morris tmorris@sfaf.org  Thanks!
Hepatitis C Support  Pierce Realty Building  160-1 2nd Street  San Francisco, CA  
Meets On:  1st and 3rd Tuesday  Meets At:  Call Barry Howe  
Email: sahappel at aol dot com  Phone:  415-453-3622

Wednesdays

Share Your Experience with Hep C at Quan Yin Healing Center  
2nd and 4th Wednesday 6:15-7:45PM  965 Mission Street, 4th Floor  
Treatment Support: Discussion on managing treatment side effects, Deciding on a treatment approach, Sharing successes and challenges, Supportive Care Awareness Discussion on implementing Eastern medicine, Exploration of Mindfulness practice and ways to be, balanced and emotionally focused, Better ways to navigate the medical system. Optimal Treatment Response tips for proper diet, rest, and exercise, A safe space to voice frustration or anxiety, How to stay focused on the goals of therapy  
www.gyhac.org

ICHO Support Group Meeting Davies Medical Center Castro/Divisidero & Duboce  
Meets On: 2nd & 4th Wednesday Meets At: 6:30 PM  
Contact: George Cirilo Email: george dot cirilo at ucsf dot edu  
Phone: 415-431-5542  Space limited to 10-15 individuals

Thursdays

Injecting and Hepatitis C prevention, liver health and harm reduction, private syringe exchange & Counseling  1035 Market 4th fl. Room 11 Thursdays 4pm-6pm. Have a cup of tea & chat with Terry about communication and negotiating safer practices when injecting, Hep C prevention in group situations or with partners, self-care, or anything that is on your mind.  
DOPE PROJECT Overdose prevention/Naloxone distribution too!  
tmorris@sfaf.org  (415) 487-8043 come high come low come as you are

Hepatitis C Resources and Information

877-HELP-4-HEP ONE CALL. Lots of Help. Peer Counseling: Our goal is to help you understand and cope with hepatitis C, in whatever way it is affecting you. With one call you can Get information at the pace you need. Find resources in your community. Connect with a peer counselor on your journey to better health. The 877-HELP-4-HEP national helpline is run by The Support Partnership: a group of non-profits working together to help people affected by hepatitis c. All calls are confidential. Call today: Dial toll free: 877-435-7443. Hours 9am-7pm EST (excluding holidays) website: www.help4hep.org email: info@help4hep.org Phone counselors are trained to answer general questions about hepatitis C risk, transmission, blood work, and treatment. They also assist people in coping with their health decisions, finding ways to cover the costs of treatments and care, and supporting them throughout treatment which can be a challenging experience for many.

Hepatitis C and HIV testing at SFAF’s Syringe Access Services

Please send and corrections or suggestions to Terry Morris tmorris@sfaf.org  Thanks!
Hepatitis C and HIV testing at SFAF 1035 Market Street 4th floor
Tuesday, Wednesday, Thursday 3pm-5:30pm 4th floor *Welcoming folks who inject, gay/bi men, and transgendered women and men. Drop in or make an appointment 415 487 8033.

OASIS Clinic  www.oasisclinic.org is a non-profit 501(c)(3) organization located in Oakland, CA. The primary mission of O.A.S.I.S. is to provide low-cost, subsidized medical care, clinical research studies, and provision of and/or access to social and vocational rehabilitation services for medically marginalized former or current drug and alcohol users. They’re an especially good source of information for methadone patients with hepatitis C. Phone: (510) 496-0189, 1-800-282-1777.

Harm Reduction Coalition  www.harmreduction.org The Harm Reduction Coalition rocks!!!

HCV Advocate/Hepatitis Support Project  www.hcvadvocate.org/ The HCV Advocate is an invaluable resource designed to provide the hepatitis C community with monthly updates on events, clinical research, and education. The site has personal stories and tons of information.

The Hepatitis Education Project http://www.hepeducation.org/ is a non-profit corporation chartered in the state of Washington to provide educational materials and support groups for hepatitis patients and their families. They run the Hepatitis Resource Center, a place for patients, family members, friends, social service providers and anyone who has questions about hepatitis.

Hepatitis Prison Coalition  http://www.hcvinprison.org/home The Hepatitis Prison Coalition brings together organizations and individuals interested in raising awareness and providing support to prisoners who are suffering from hepatitis C, hepatitis B and/or HIV. Our goal is to help educate prisoners and advocate for better testing, treatment and prevention of these diseases.

HIV and Hepatitis  www.hivandhepatitis.com The website’s objective is to create a quality online publication that provides accurate, timely and cutting-edge information about treatment for HIV/AIDS, chronic hepatitis B and hepatitis C, and co-infection with HIV/HCV and HIV/HBV.

Project Inform  www.projectinform.org Project Inform is a national nonprofit, community based organization working to end the AIDS epidemic.

The Body  www.thebody.com An AIDS and HIV Information Resource

National AIDS Treatment Advocacy Project (NATAP)  www.natap.org NATAP’s web site is a leader in up-to-the minute HIV treatment information, drug development and research, conferences, etc.

Hepatitis C Support Project San Francisco Email: SFHEPCAT at MSN dot COM Phone: 415-834-4100 Numerous support groups & educational evenings.


American Liver Foundation - Northern California Chapter
One Sansome Street Suite 2100 SF Meets once a month. Call Scott Suckow for information 415-984-3169 Website: http://www.liverlifeline.com/

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Foods that Make your Liver Happy!
By Roe Giuliano Alien Meth Fiend, San Francisco
Stacey Rubin, RN Harm Reduction Training Institute, Oakland

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
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, transfats, 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.

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