

# Hepatitis C Support Groups in San Francisco

(updated 3/3/14 please contact Terry Morris [tmorris@sfaf.org](mailto: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](mailto: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](mailto:sfdaprez@aol.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 who 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](mailto: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.qyhac.org](http://www.qyhac.org)

#### **ICHO Support Group Meeting Davies Medical Center** Castro/Divisadero & 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](mailto: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](http://www.help4hep.org) email: [info@help4hep.org](mailto: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](mailto:tmorris@sfaf.org) Thanks!

Every Friday 12-2PM, 117 6<sup>th</sup> Street @ Mission Saturdays 4-7PM, 117 6<sup>th</sup> Street @ Mission

**Hepatitis C and HIV testing at SFAF 1035 Market Street 4<sup>th</sup> floor**

Tuesday, Wednesday, Thursday 3pm-5:30pm 4<sup>th</sup> 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](http://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](http://www.harmreduction.org) The Harm Reduction Coalition rocks!!!

**HCV Advocate/Hepatitis Support Project** [www.hcvadvocate.org/](http://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](http://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](http://www.projectinform.org) Project Inform is a national nonprofit, community based organization working to end the AIDS epidemic.

**The Body** [www.thebody.com](http://www.thebody.com) An AIDS and HIV Information Resource

**National AIDS Treatment Advocacy Project (NATAP)** [www.natap.org](http://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.

How will people with hepatitis C benefit from Health Care Reform?

<http://www.projectinform.org/pdf/HealthCareReform101.pdf>

**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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