



## *July Self-Care Activities*

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**WHO:** Alive & Free/Omega Boys Club

**WHAT:** Alive & Free Training Institute

**WHERE:** Alive & Free/Omega Boys Club, 1060 Tennessee Street, SF

**WHEN:** July 22-24, 9am - 4:30pm

**CONTACT:** For more info & to apply, [click here](#)

**NOTES:** This three-day workshop is for individuals who work with youth in community based settings. The Alive & Free Prescription TM works to change beliefs, attitudes, values and actions that promote violence. By adopting the Alive & Free Prescription TM and rolling out workshops to local service providers and training them to use the curriculum, San Francisco is moving in a direction where youth will hear the same message wherever they are served in the city and be held to the same behavior expectations across all youth serving agencies. This program has been well received by various community-based organizations nationwide.

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**WHO:** Rino Consulting Solutions & Comm(UNITY)

**WHAT:** Root to Bloom

**WHERE:** San Francisco

**WHEN:** Early Bird Admissions deadline is August 2nd, Program begins September 2019 & ends April 2020

**CONTACT:** [View more info & register here](#)

**NOTES:** "Root to Bloom" is a training program for community-based service providers to engage in self healing and transformational tools so they can serve the most vulnerable communities at their full capacity. Our program design cultivates the personal power embedded in your roots (ancestry) that help us through our present day challenges and fight for justice. To bloom (thrive) into a future co-created for all, we must work to reclaim this personal power by practicing self love in the form of fierce skill building leadership tools while engaging in traditional collective healing spaces. This training is for professionals providing direct service to communities in Bay Area schools, youth programs, institutions, family and community services. Service providers such as social workers, therapists, counselors, case managers, educators, & other front line staff that support the most vulnerable communities are encouraged to participate. Comm(UNITY) members as well as our greater community are encouraged to participate.

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**WHO:** Rafiki Coalition for Health and Wellness

**WHAT:** Complementary Medicine Clinic

**WHERE:** 601 Cesar Chavez Street

**WHEN:** See notes

**CONTACT:** 415-615-9945 [www.rafikicoalition.org](http://www.rafikicoalition.org)

**NOTES:** Acupuncturists: Marion Wei Monday 10am-4pm, Jonathan Nelson Tuesday & Wednesday 10am-6pm, Ali Hakimi Thursday 10am-6pm | Massage Therapists: Wayne Fontaine Monday 10am-6pm, Brian Abram Tuesday & Wednesday 10am-6pm, Piet Bereal Wednesday 2pm-6pm & Thursday 10am-6pm. Schedule subject to change without notice. Please call at your convenience to confirm services offered. Services provided on a first-come, first-served basis; appointments cannot be made.

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**WHO:** Center for Harm Reduction Therapy

**WHAT:** CAYA Therapy Van Schedule

**WHERE:** Bayview Playground/MLK Jr. Park (Armstrong St. between 3rd and Keith)

**WHEN:** Fridays from 11am-1pm

**CONTACT:** Maurice Byrd 415-579-3410 [mauricebyrd@harmreductiontherapy.org](mailto:mauricebyrd@harmreductiontherapy.org)

**NOTES:** All van sites have disposable needle containers and Narcan on site. Therapy/substance abuse use counseling. Food, snacks, games, outside drop-in.

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