

**UC Hastings Student Health Services
Wellness Resource List**

Have a question about available resources? *For General Assistance call 3-1-1*

Dial 3-1-1 (within SF only) or (415) 701-2311

TTY (415) 701-2323

<http://www.sf311.org/>

24 hours a day, 7 days a week, 365 days a year

Food Referrals:

Helplink 2-1-1, <http://211bayarea.org/>

Please call 2-1-1, a service of United Way of the Bay Area, to find a grocery distribution or hot meal provider in your neighborhood. United Way's 2-1-1 call center is available 24 hours a day, 7 days a week in more than 150 languages.

**Department of Human Services
Food Assistance Service Center**

Three (3) ways to apply for **CalFresh (Food Stamps)**

In person:

1235 Mission Street (between 8th & 9th Sts.)

San Francisco, CA 94103

M–F 8-11am & 1-3pm. It's best to get there as early as possible (8-10am), fill out an application, & turn it in at the window. They will give you an appointment either that day or in a few days. For the appointment bring ID, Green Card (if you're an immigrant), & proof of your rent, expenses, & income. You may also be fingerprinted. If approved, you should get your food stamps card sometime within 3 days to a month. Individuals can get up to \$200 worth of Food Stamps per month (most individuals get less; most families get more). The amount you get depends on income and how much you have to pay for rent, etc. People with resources (house, car, bank account, etc.) but limited income can still get food stamps.

By Phone:

Call **(415) 558-1001** or toll-free at **(877) 366-3076**

Apply online:

<https://www.benefitscalwin.org>

San Francisco Food Bank

900 Pennsylvania Ave

San Francisco, CA 94107

Telephone: (415) 282-1900

Facsimile: (415) 282-1909

<http://www.sffoodbank.org/>

Food Pantries near school:

Mary Elizabeth Inn. 1040 Bush St (near Jones)
673-6768 (M-F 8am-4pm). Women only: line up
9am Wed; food given out 9:30-10am; bring a bag.

Salvation Army Kroc Center. 240 TURK (near Jones)
345-3414. Register Friday 7:30am to get food
the following Friday. Must live in 94102, 94103,
94115, 94117, 94118, or 94121 zip code. ID required.

Bethel AME Church. 916 LAGUNA (at Golden Gate)
921-4935. Sign up Fri, July 6 to get food weekly
until December 2012. Those not signed up, show
up Fri 12:30-1pm to see if there's extra food. ID
required. Bring a bag.

Booker T. Washington Community Service Ctr.
800 PRESIDIO (at Sutter). 928-6596. Call Wed
9am-noon for appointment to get food Thurs, 11:30am-1pm.
Produce, canned & dry goods. Photo ID required.

Emergency Housing/Shelters:

For a 90-day bed in 1 of 8 shelters, line up by
7am at one of the following Resource Centers (except
the MSC South). For a 1-night bed, apply during the
hours listed below:

1) **Mission Neighborhood R.C.**, 165 CAPP (bet.
16th & 17th Sts.), 869-7977. M-W 7am-noon, 2-7pm; Th-F
7am-noon, 2-8pm; Sat 7am-noon.

2) **Bayview Hunters Point R.C.**, 2111 JENNINGS (at Van Dyke), 671-1100. Daily 7-
9am, 7pm-10pm.

3) **Glide Walk-In Center**, 330 ELLIS ST. (at Taylor),
Suite 101, 674-6012. Daily 7-11am, 4-9pm.

4) **MSC South**, 525 5TH ST. (at Bryant), 597-7960.
Daily 10am (to reserve a place on the priority list for a
1-night bed, assignable at 6:30pm) or 5-9pm (to apply for
a 1-night bed). The MSC is also a 24-hr drop-in center with
showers & supportive services available, where you can
wait for a bed if there is space. Doctors on site.

Domestic Violence Resources:

La Casa de las Madres

1663 Mission Street, Suite 225

San Francisco, CA 94103

24 Hour Crisis Line- Adults- **1-877-503-1850**

24 Hour Crisis Line- Teens- 1-877-923-0700

Phone: 415-503-0500

www.lacasa.org

La Casa de las Madres provides adults, teens, and children threatened by domestic violence with safety and services to support their individual needs. Services are free of charge, multilingual, and available to survivors of all ages and backgrounds who are experiencing any kind of control or abuse in a relationship, not limited to physical abuse. La Casa hotlines are state-wide and services are not limited to residents of San Francisco.

Services:

- two 24-hour crisis hotlines (see above)
- emergency shelter program
- drop in center with counseling & support groups
- legal support
- teen services
- later-in-life services
- crisis response
- advocacy
- information and referrals

Community United Against Violence (CUAV)

427 South Van Ness Avenue (15th and 16th Streets)

San Francisco, CA 94103

Phone: **415-777-5500**

Fax: 415-777-5565

Safety Line: 415-333-HELP (4357)

Services: Peer-based counseling, direct assistance, education and outreach, grassroots organizing, and policy advocacy

- Wellness Wednesdays: 4:00pm-8:00pm Drop-Ins
- SAFETY LINE: 415-333-HELP (4357)

Asian Women's Shelter

Call **751-0880** (24 hrs) or 877-751-0880 (24 hrs & toll free) for intake interview.

New guests M-F only, except in emergencies. Stay up to 12 wks. Priority to women & children with limited resources who don't speak English. Kitchen & basic food provided for cooking; referrals, counseling & clothing available. Staff speaks Arabic, Cantonese, English, Hindi, Indonesian, Japanese, Javanese, Laotian,

Mandarin, Mien, Russian, Spanish, Thai & Vietnamese;
other languages by phone interpreter. 5pm-9am, calls
are answered by Woman, Inc. for crisis counseling.

Rosalie House

3543 18TH ST. (bet. Valencia & Guerrero)

255-0165. Call M–F 9am-5pm.

Adults \$0-1 per week (kids free); stay up to 12 weeks. Guests can't use drugs or alcohol. Program includes counseling, house meetings & chores. Kitchen & food available. After office hours, calls are answered by Domestic Violence Hotline for crisis counseling. Drop in or call 552-2943 for nonresidential services & peer counseling or to volunteer.

Rape:

National Sexual Assault Hotline at 1.800.656.HOPE

In San Francisco, call San Francisco Women Against Rape's 24-hour hotline at **415-647-7273** for free, confidential support.

San Francisco Women Against Rape

SFWAR is a women of color led, volunteer-based organization that has provided rape crisis services to survivors of sexual assault for over 30 years. As the primary provider of rape crisis services in San Francisco, we also offer support to friends and families of survivors and provide expert advice, training, and assistance to healthcare workers, medical professionals, educators, law enforcement officers and other professionals throughout the city. Our prevention programs have reached young people in classrooms in schools serving every area of San Francisco, and provided information and resources to people of all ages through community programs, social services, and numerous community events. All our services are confidential and free of charge

If you are not in San Francisco but still want support please feel free to call our hotline and we will provide a referral to the rape crisis center nearest you. If you have access to the internet you can look up the rape crisis center nearest you by visiting the RAINN - Rape, Abuse & Incest National Network website <http://centers.rainn.org>

San Francisco General Hospital
Emergency Department
RAPE TREATMENT CENTER
1001 Portrero Avenue (@ 23rd Street)
San Francisco, CA 94110

Smoking Cessation:

CALIFORNIA SMOKER'S HELPLINES

Free telephone counseling provided to callers who set a quit date within one week of their call. Written material on smoking cessation provided, as well as information on other programs by region.

1-800-NO-BUTTS (English)
1-800-45-NO-FUME (Spanish)
1-800-838-8917 (Mandarin and Cantonese)
1-800-556-5564 (Korean)
1-800-778-0866 (Vietnamese)
1-800-933-4833 (TDD/TYY)
1-800-844-CHEW (For People Who Wish to Stop Chewing Tobacco)
1-800-642-0666 (Nicotine Anonymous)

Support Groups for Substance Use and Abuse:

Intercounty Fellowship of Alcohol Anonymous serving San Francisco and Marin Counties

<http://www.aasf.org/>

Call or email for a schedule of meeting times and locations. There are hundreds of meetings every week throughout San Francisco and the Bay area.

Email Help & 24 hour Hotlines:

415-674-1821 (from SF)

415-499-0400 (from Marin)

Email: help@aasf.org

Mobile Devices: www.aasf.org/m

Life Ring

<http://lifering.org/>

An alternative to traditional recovery programs such as Alcohol Anonymous or 12 step programs. Call or email to find out more information or a meeting near you.

LifeRing Service Center

1440 Broadway Suite 312

Oakland CA 94612-2023

510-763-0779

Toll-Free: 1-800-811-4142

Fax: (510) 763-1513

Narcotics Anonymous

(415) 621-8600

Call for meeting times and locations. There are hundreds of meetings every week throughout San Francisco and the Bay Area.

Nar-Anon

(415) 292-3241

Support for family, friends and partners of drug users.

Check out their website for meeting times and locations: www.naranoncalifornia.org.

Castro Country Club

4058 18th Street

San Francisco, CA 94114

415-552-6102

Since it first opened its doors in April 1983, the Castro Country Club has helped countless people achieve sobriety by providing a safe refuge for people in recovery to help each other. A touchstone for LGBT sober people in the heart of San Francisco's Castro neighborhood, the volunteer-based Club operates an espresso and Internet café with two meeting rooms, a lounge and patio open to the public from early morning until late at night, 365 days a year. Hundreds of people attend over thirty-five self-governing 12-step groups each week including:

- Alcoholics Anonymous
- Narcotics Anonymous
- Crystal Meth Anonymous
- Sex and Love Addicts Anonymous
- Overeaters Anonymous
- Debtors Anonymous
- Under earners Anonymous
- Codependents Anonymous

The Stonewall Project

1035 Market St. Suite 400

(415) 487-3100

The Stonewall Project offers individual and group harm reduction counseling to bi, gay & queer men who want to change some aspect of their crystal methamphetamine use. In order to help you get rolling in their program, Stonewall provides drop-in service six days a week on a first-come, first-served basis

Monday - Friday

4 pm Walk-In

brief individual counseling

1035 Market St., 4th floor

Wednesdays

6:30 pm Walk-In

Harm Reduction group counseling

in English

1035 Market St., 4th floor

Thursdays

6:30 pm Walk-In

Harm Reduction group counseling

in Spanish

4200 18th Street #203 (between Castro & Collingwood)

Stonewall Services at Magnet

4122 18th Street (near Castro) by appointment only

Please call **415-581-1600** to schedule
an appointment

Wedne

Wednesdays

3:30-5:30 pm

individual counseling

Fridays

2-6:00 pm

individual counseling

<http://www.tweaker.org/>

Is part of Stonewall Project Family of Harm Reduction

Drug and Alcohol Treatment services and a program of the San Francisco AIDS
Foundation.

1035 Market Street, Suite 400

San Francisco, CA 94103

Phone 415-487-3100

Fax 415-558-9657

Email info@tweaker.org

LGBTQ Support Services:

[San Francisco Lesbian Gay Bisexual Transgender Community Center](#)

1800 Market Street

San Francisco, CA 94102

(415) 865-5555

[Alliance Health Project](#)

UCSF Division of LGBTQ Services

1930 Market Street

San Francisco, CA 94102

Phone: **415-476-3902**

Services: Alliance Health Project provides a broad range of mental health services for
transgender clients who meet the criteria for SMI through our CBHS contract, including:

transgender mental health support services groups (individual and weekly groups), HIV+ support groups and treatment services, substance abuse support services (individual and group).

Other:

- Drop-in triage - 11:00am to 1:00pm (Mon - Fri)
(calling is preferred method of contact)
- AHP Triage - 9:00am to 11:00am (Mon - Fri)
- HIV testing and counseling support:
Tuesday to Friday 11:00am - 4:30pm 415-502-TEST (8378)
Hearing-impaired people may call 415-476-3587

[Gaylesta, Inc.](#)

584 Castro Street, #230
San Francisco, CA
94114-2594
Phone: **415-729-3996**

Gaylesta is the gay, lesbian, bisexual, transgender psychotherapists' association of the greater San Francisco bay area.

Services:

- Seminars, Consultations, and Speakers offered by members on such LGBTQ-related topics as homophobia, coming out, gay marriage, HIV/AIDS, alternative families, parenting, gender identity, S/M/B/D, as well as how anxiety and depression affect our community
- A Referral Service for community members looking for an LGBTQ therapist to meet their specific needs. Both a telephone consultation and/or an on-line search are available
- Annual fundraising events for LGBTQ service provider

[Native American AIDS Project](#)

1540 Market Street, Suite 130
San Francisco, CA 94102
Telephone: **415-431-6227**
Fax: 415-431-6257

Services: Case management services, HIV prevention services, peer advocacy, cultural/traditional healing and wellness services, and support groups.

- Transgender Support Group
- Traditional Talking Circle (Monthly)
- HIV Testing
- Drop in services 11am-4:00pm

Transgender Law Center

870 Market Street, Room 400
San Francisco, CA 94102
Phone: **415-865-0176**
Fax: 877-847-1278

Program: The Transgender Law Center (TLC) is a civil rights organization advocating for transgender communities. Every day we connect transgender people and their families to technically sound and culturally competent legal services, increase acceptance and enforcement of laws and policies that support California's transgender 10 communities, and work to change laws and systems that fail to incorporate the needs and experiences of transgender people.

Services:

- Community Legal Services
- Legal Information
- Direct Representation
- Transgender Law 101 Workshops
- Legal Rights Information

Gyms/Yoga Centers:

Bay 1 Fitness

37 Grove Street
San Francisco, CA 94103
<http://www.bay1fitness.com>

24 Hour Fitness

<http://www.24hourfitness.com>

1645 Bryant Street
San Francisco, CA 94103
(415) 437-4188

1200 Van Ness Avenue,
San Francisco, CA 94109
(415) 776-2200

World Gym

290 De Haro Street
San Francisco, CA 94103
(415)553-4086
<http://www.worldgym.com>

YMCA

387 Golden Gate Avenue, San Francisco
San Francisco, CA 94103
<http://www.ymcasf.org/central/>

Yoga Tree Hayes

519 Hayes Street
San Francisco, CA 94102
(415) 626-9707
yogatreesf.com

Funky Door Yoga

1336 Polk Street
San Francisco, CA 94109
(415) 673-8659
funkydoor.com

Urban Flow Yoga

1543 Mission Street
San Francisco, CA 94103
(415) 355-9642
urbanflowyoga.com

Yoga Garden of San Francisco

286 Divisadero Street
San Francisco, CA 94117
(415) 552-9644
yogagardensf.com

Acupuncture & Chinese Herbal Medicine**Circle Community Acupuncture**

1351 Harrison St
San Francisco, CA 94103
between 9th and 10th St, on the corner of Dore Alley (1 block from Costco)

<http://www.circleca.com/>

Fees

\$15 to \$35

You decide what you can afford!

+\$10 paperwork fee for first visit

Immune Enhancement Project (IEP)

3450 16th Street
(Between Church & Sanchez)
San Francisco, CA 94114
415-252-8711
<http://iepclinic.com/index.shtml>

The mission of IEP is to promote the vitality of our communities by making compassionate and high-quality Traditional Chinese Medicine and other healing arts available to everyone seeking their benefits. IEP's overriding goal is to address inequities in access to health care services while supporting and advancing community-based medicine.

IEP Community acupuncture drop-in clinics:

Mondays 12 to 1

Thursdays 1 to 3

Fridays 1 to 2

Drop-in clinics are donation-based (no one turned away for lack of funds)

Quan Yin Healing Arts Center

965 Mission Street, Suite 405

San Francisco, CA 94103

<http://www.quanyinhealingarts.com/>

Quan Yin Healing Arts Center is a traditional Chinese medicine clinic and community center located in the heart of San Francisco's Mission District.

Drop In acupuncture

Affordable Tuesdays 12:30-3:00p.m.

& Wednesdays 2:45 to 5:15 p.m.

Meditation Centers:

San Francisco Zen Center

300 Page Street

San Francisco, CA 94102

Integral Yoga Institute San Francisco

770 Dolores Street @21st street

San Francisco, CA 94110

(415) 821-1117

The San Francisco Buddhist Center

37 Bartlett Street

San Francisco, CA 94110

<http://sfbuddhistcenter.org>

Makor OR Jewish Mediation Center

301 14th Ave

San Francisco, CA 94118

(415) 221-873

Get around or away from the city:

Car Rentals:

Zip car

<http://www.zipcar.com>

City Car Share

<http://www.citycarshare.org>

Car Sharing Services:

Car owners can safely rent their underutilized car out and people in need can rent cars by the hours via website.

RelayRides

<https://relayrides.com>

Getaround

<http://www.getaround.com>

Have Fun in the Bay Area

Fitness, recreation, and outdoor activities at two locations at [UCSF's Millberry Union](#)

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