

MONDAYS

1035 MARKET **WALK IN OVER THE INFLUENCE BOOK CLUB** Monday 11AM-1PM, room 2C. Join anytime on any chapter. Check out this amazing book by the Harm Reduction Therapy Center. Facilitators Anibal Mejía & Doug Foster.

1035 MARKET **WALK IN NUTRITION WORKSHOP BEGINNING MONDAY, AUGUST 5TH FOR 4 WEEKS** Monday 3:30-5pm, ROOM 3D. Join us for late lunch and weekly food demonstrations. Learn food preparation, nutrition information and harm reduction tools over four weekly sessions. Facilitators Leora Lerba & Doug Foster

1035 MARKET **ENROLLED SUBSTANCE USE MANAGEMENT SKILLS ENHANCEMENT** Monday 5-6:30PM, room 3E. Substance Use Management (SUM) is designed to help participants optimize the positive value of using substances while reducing the negative impacts. Facilitators Jeremy Prillwitz & Chelsea Farrell.

STRUT (470 CASTRO) **ENROLLED TARGETED ABSTINENCE SKILLS ENHANCEMENT** Monday 6-7:30PM, group room 2. Facilitators Paul Kilfoil & Peter Carnini.

TUESDAYS

1035 MARKET **WALK IN CRYSTAL CLEAR** Tuesday 11:30-1:00PM, room 3E. Celebrating Blackness every Tuesday – Crystal Clear is a harm reduction group for Black and African American men who have sex with men interested in discussing past and current experience with crystal meth. Facilitators Alex Locust & Andre Jackson.

117 6TH ST. **WALK IN 6TH STREET HARM REDUCTION DROP IN GROUP** Tuesday 1:30-3:30PM beginning with snacks, good company and coffee at 117 6th St. at Mission. Facilitators Chelsea & Sharleen Phillips.

STRUT (470 CASTRO) **WALK IN STONEWALL READING & DISCUSSION GROUP: The Four Agreements** by Don Miguel Ruiz. Tuesday 4-5:30PM, group room 2. This group works with various books to explore topics related to harm reduction, healing & overall well-being. *The Four Agreements* explores self-limiting beliefs & how to overcome them. Facilitators Kyle Temple & Leora Lerba.

1035 MARKET **ENROLLED EMOTIONS AND MINDFULNESS/+ALUMNI** Tuesday 6-7:30PM, room 3C. This group helps participants access their inherent wisdom and joy through skillful practice with a particular focus on working through difficult emotions through acceptance and surrender. Facilitators Jeremy Prillwitz, Marcelo DeSousa & Sharleen Phillips.

STRUT (470 CASTRO) **ENROLLED SEX & INTIMACY** Tuesday 6-7:30PM, group room 1. This group supports men in addressing sex/drug linked behavior so that they can meet and maintain their abstinence or targeted abstinence goals without sex and intimacy taking them off course. Facilitators Paul Kilfoil and Chris Powers invite you to this supportive sex-positive group.

STRUT (470 CASTRO) **WALK IN SMART DRINKING** Tuesday 6-7:30PM, group room 2. Want to change your drinking habits? Find **your** way to safer drinking, controlled drinking, reduced drinking or quitting at the Castro Smart Drinking Group. Facilitators Rich Lugo, Tyrone Clifford & Ed Diaz.

WEDNESDAYS

1035 MARKET **WALK IN COMMUNITY GROUP** Wednesday 11-1:00PM, room 3C. A discussion group to explore relative topics pertaining to our identities and the communities to which we belong. Facilitators Alan Camardo & Melissa Holman.

STRUT (470 CASTRO) **WALK IN DAMN, DADDY! REAL TALK ABOUT GETTING OLDER AS A GAY MAN** Wednesday 1:30-3:30PM, group room 1. Space provided for gay, bi, & trans men 50 & older to explore & celebrate the achievement of aging & making the most of it. We talk about sex, drugs, health, family, & anything else that's on our minds. Facilitators Peter Carnini & Kyle Temple.

1035 MARKET **WALK IN THE STONEWALL LOUNGE** Wednesday 4:30-5:45PM, room 3A. Feeling anxious about coming to a group? Try our low-key, no-stress Wednesday social hour "lounge." We'll be hosting a "mocktail" each week, hors d'oeuvres, and casual conversation. We'll be there each week armed with games, coloring books, chill music, and mood lighting. Facilitator Nico Maristela.

1035 MARKET **WALK IN START HERE! ORIENTATION TO STONEWALL** Wednesday 6-7:30PM, room 3A. This weekly group orients newcomers to who we are, what we do, and how to get the most out of our services. Join us for an interactive exploration of Stonewall's Harm Reduction approach. Facilitators Anibal Mejia & Sharleen Phillips.

1035 MARKET **ENROLLED SUBSTANCE USE MANAGEMENT SKILLS ENHANCEMENT** Wednesday 5-6:30PM, room 3E. (*Please see Monday for group description.*)

STRUT (470 CASTRO) **ENROLLED TARGETED ABSTINENCE SKILLS ENHANCEMENT** Wednesday 6-7:30PM, group room 2. (*Please see Monday for group description.*)

STRUT (470 CASTRO) **ENROLLED ABSTINENCE SKILLS ENHANCEMENT** Monday 6-7:30PM, group room 1. This group focuses on topics and skills to help participants become and remain abstinent from all drugs and alcohol without a judgmental approach to relapse or slips. The group also provides space for group members to share their own life experience and get and give feedback to fellow group members. (Alumni are welcome; please speak with facilitators about attending.) Facilitators Doug Foster & Chris Powers.

THURSDAYS

1035 MARKET **ENROLLED MANAGING YOUR MOOD** Thursday 12-1:30PM, room 3E. Develop skills to take more effective action in the present moment by learning how to observe and accept difficult thoughts, memories and emotions that impact your mood. This group will help you identify your values, set realistic goals, and make a commitment to live a more meaningful life. Expressive Arts therapy will be integrated into this group periodically! Facilitators Alan Camardo & Alejandro Regalado.

1035 MARKET **"NEW" WALK IN SEX & DATING BOOK CLUB** Thursday 3:30-5PM, room 3B. Join us as we read *Lust, Men, and Meth* and discuss the relationship between gay men, methamphetamine, and sex and explore ways to develop healthy intimacy. Facilitators Chris Powers & Sharleen Phillips.

STRUT (470 CASTRO) **WALK IN FREE 2 B** Thursday 4:15-6PM, group room 2. Created for you, by you – this harm reduction group is a space for gay/bi/transmen/MSM from communities of color to explore the intersections of race, sexuality, and substance use. Facilitators Alex Locust, Aníbal Mejía & Tyrone Clifford.

1035 MARKET **WALK IN STONEWALL ACUPUNCTURE AND MASSAGE LOUNGE** Thursday 5:30-7:45PM, rooms 3A and 3D. Drop-in acupuncture and massage therapy lounge. Facilitators Leora Lerba, Chelsea Farrell & Andre Jackson.

STRUT (470 CASTRO) **ENROLLED CHANGE SEMINAR – SUBSTANCE USE MANAGEMENT** Thursday 6-7:30PM, group room 1. A process group for those who are meeting their substance use management goals and are thinking about life beyond the Stonewall Project. Facilitator Doug Foster.

FRIDAYS

1035 MARKET **WALK IN "OUTSIDE IN"** Friday 9:30-11:30AM, room 3E. A discussion group for exploring the unique challenges, successes, emotions and general experience of gay/bi/trans/MSM men who have been at times homeless and at other times, housed. Facilitators Chris Powers & Alan Camardo.

1035 MARKET **WALK IN ADVENTURES IN ABSTINENCE** Friday 11:30-1PM, room 3B. Wondering what abstinence has to do with harm reduction? We invite people with all substance use goals to pursue adventures which support a better quality of life and more human connection. Facilitators Leora Lerba & Jeremy Prillwitz.

STRUT (470 CASTRO) **"NEW" WALK IN GRAY GARDENS SOCIAL LOUNGE** Friday 11:30-1PM, group room 2. This group provides a venue for guys 50 & older who are exploring their substance use to practice social skills, build peer support, & decrease isolation. This is a low-key, unstructured group. Coffee, tea, snacks & good company provided. Facilitators Peter Carnini & Kyle Temple

1035 MARKET **WALK IN TCB FRIDAY (Taking Care of Business) Group** Friday 2-3:45PM, room 3D. Not quite ready for the weekend? Come for some pre-weekend TLC at the TCB Friday walk-in group for gay/bi/trans/MSM men. Share your experiences, get and give peer support, and learn a new grounding/mindfulness exercise each week. Facilitators Nico Maristela & Andre Jackson.

STRUT (470 CASTRO) **WALK IN CASTRO HARM REDUCTION FRIDAY NIGHT** Friday 6-7:30PM, group room 2. A fun, friendly, welcoming place for gay/bi/trans/MSM men interested in exploring their relationship to drugs, alcohol, sex, dating and other topics. Come as you are, high, low or in between. Facilitators Rich Lugo & Ed Diaz.

CHEERS QUEERS!! Are you a gay, bi or trans man who has sex with men? Do you like to drink? Come stop by Strut at 4pm any Monday through Friday and ask for Ed or Rich to see if you are eligible for our incentive-based risk-reduction consultation, stop by the Smart Drinking walk-in group on Tuesday evenings, or go online to <www.cheersqueers.org>. You could make up to \$60 in gift cards if you qualify! A desire to change is not required.

Time for a sexual health screening? Strut (new home for Magnet) provides free and confidential sexual health services.

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

STRUT @ 470 Castro St. Walk in, call (415) 581-1600 or schedule online at www.strutsf.org. Hours: Monday, Friday & Saturday 10AM-6PM; Tuesday, Wednesday & Thursday 10AM-8PM Closed Sunday.

Free confidential rapid **HIV & Hep C testing** at the **6th Street Harm Reduction Center** at **117 6th Street**: Tuesdays, Wednesdays and Fridays; **11am – 1pm**, Thursdays from **11am to 5pm** and Saturdays from **7pm to 11pm**.

Syringes are also available at our **6th Street Harm Reduction Center** (117 6th Street) during the following hours: Monday–Friday 9am–5pm and Saturdays 7pm–11pm. You can also pick up syringes at Strut in the Castro (Strut hours & location in the box above).

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

Stonewall Project welcomes persons with disabilities. We are wheelchair accessible and open to additional access accommodations. Please contact Robert Holum at 415-487-8067 or rholum@sfaf.org for more information.

STONEWALL
PROJECT

STONEWALL/SFAF 1035 Market St. or at Strut 470 Castro St., 3rd floor
415-487-3100 www.stonewallsf.org www.tweaker.org www.tpsf.com
come high * come low * come as you are*