

San Francisco VA Downtown Group Support

401 3rd St. San Francisco, CA 94103
415.281.5101



<i>Date</i>	<i>Group Name</i>	<i>Room/Time</i>	<i>Provider</i>
Monday			
<i>*begins October 21, 2013</i>	Mindfulness Mornings	Front Conference Room 9:00-9:30am	Andrea Seliner—drop-in!!
	Sobriety Support Group/Harm Reduction	Front Conference Room 9:30 am – 10:30 am	Andrea Seliner—drop-in! <i>no referral required</i>
	DBT Group	Front Conference Room 11:00 am – 12:30 pm	Referrals required thru Jia Son or Nicole Muller
Tuesday			
<i>*begins October 22, 2013</i>	Mindfulness Mornings	Front Conference Room 9:00-9:30am	Sarah Nighswander—drop-in!!
	Harm Reduction, Drugs, Meds & More	Front Conference Room 9:30 am – 10:30 am	Anna Berg—drop-in! <i>no referral required</i>
<i>*every Tuesday BUT the first Tuesday of the month*</i>	Art Group	Front Conference Room 10:30am-11:30am	Karley Anchill and Kimberly Minter—drop in! <i>no referral required</i>
<i>1st Tuesday of every month</i>	Hep C Education Group	Front Conference Room 11-12noon	Erin Bowman—drop-in! <i>no referral required</i>
Wednesday			
<i>*begins October 23, 2013</i>	Mindfulness Mornings	Front Conference Room 9:00-9:30am	Nicole Muller—drop-in!!
	Sobriety Support Group/Harm Reduction	Front Conference Room 9:30 am – 10:30 am	Andrea Seliner—drop-in! <i>no referral required</i>
Thursday			
	Housing and Harm Reduction	Front Conference Room 4-5pm	Anna Berg—drop-in! <i>no referral required</i>
	Alcoholics Anonymous	Front Conference Room 6:30-7:30pm	Peer-led
Friday			
<i>*begins October 25, 2013</i>	Mindfulness Mornings	Front Conference Room 9:00-9:30am	Anna Berg or Jia Son—drop-in!!
	Sobriety Support Group/Harm Reduction	Front Conference Room 9:30 am – 10:30 am	Anna Berg—drop-in! <i>no referrals required</i>
<i>*begins October 18, 2013</i>	Pain and Recovery	Front Conference Room 11:00am-12noon	Payal Mapara—drop-in! <i>no referrals required</i>
	Living well (with PTSD, substance use, anger, depression)	Back Conference Room 11:00 – Noon (see Front Desk for location)	Chaplain Bolden—drop-in! <i>no referral required</i>
<i>*begins November 1, 2013</i>	Warrior Writing	Front Conference Room 12noon-1pm	Erin Bowman—referrals required thru Erin Bowman

Questions? Ask any staff and we'll be happy to help. 😊

Updated: 10/8/2013