

SPRING 2024 CASC GROUP WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10am - 11:30 am</p> <p>*STOP Group</p>	<p>8:30-9:30am</p> <p>Yoga & Meditation</p>	<p>8:30am-9:30am</p> <p>Running & Walking Club</p>	<p>10am - 11:30 am</p> <p>*STOP Group</p>	<p>10am - 11:30 am</p> <p>*STOP Group</p>
<p>11am-12pm</p> <p>Art Therapy Group</p>	<p>10am - 11:30 am</p> <p>*STOP Group</p>	<p>9am-4pm</p> <p>HSA Benefits Enrollments</p>	<p>11am-12pm</p> <p>Semillas a Flores</p>	<p>12pm-1:30 pm</p> <p>Community Activities Group</p>
<p>1pm- 2pm</p> <p>*Healthy Relationships Group</p>	<p>12pm-1pm</p> <p>Game Day Club</p>	<p>10am - 11:30 am</p> <p>*STOP Group</p>	<p>1pm - 2pm</p> <p>Managing Your Emotions/DBT Group</p>	<p>2pm-3:30pm</p> <p>Changing Your Mind</p>
<p>3pm-4pm</p> <p>AA Group</p>	<p>12pm-1pm</p> <p>*Thinking for a Change</p>	<p>11am - 12pm</p> <p>Conexión Latina Group</p>	<p>2pm - 3:30pm</p> <p>Music Group</p>	
	<p>1pm - 2 pm</p> <p>*Anger Management Group</p>	<p>1 pm - 2 pm</p> <p>Anger Management Group</p>	<p>3pm - 4pm</p> <p>Sister's Circle</p>	
	<p>6:30-8pm</p> <p>Solutions for Women</p>			





STOP *

STOP (Substance Treatment Outpatient Program) is designed for clients with severe and persisting mental illness. Targeted, structured daily groups as well as 1:1 support available.

Eligibility: SFAPD clients with a referral only*

Schedule: Mon-Fri 10:00am-11:30 am

*Rolling enrollment

Contact: Westley Rutter at

westley.rutter@ucsf.edu/415-489-7309

Anger Management *

Cognitive behavioral therapy to improve emotion regulation, communication, and relaxation, and develop coping tools for anger.

Eligibility: SFAPD clients with a referral only*

Schedule: Tue 1:00pm - 2:00pm VIA ZOOM

Wed 1:00pm-2:00pm **IN PERSON**

*Rolling enrollment

Contact: Westley Rutter at

westley.rutter@ucsf.edu/415-489-7309

Conexión Latina Group *

Support and skill-based group for individuals who are monolingual or wish to engage in a Spanish process group. Offering resources in the Latino community.

Eligibility: Any justice-involved adults in San Francisco.

Schedule: Wednesday: 11am-12pm VIA ZOOM

*Rolling enrollment

Contact: Westley Rutter at

westley.rutter@ucsf.edu/415-489-7309

Managing Your Emotions/DBT Skills

IN PERSON

A skill-building group for those who struggle with mood regulation. Clients learn how to effectively express and manage emotions, build and maintain healthy relationships, and reduce problematic behaviors.

Eligibility: Any justice-involved adults in San Francisco.

Thursday: 1:00 pm -2:00 pm

*Rolling enrollment

Contact: Westley Rutter at

westley.rutter@ucsf.edu/415-489-7309

AA GROUP

Alcoholics Anonymous Group

To all who have a desire to recover from alcoholism. Attendance will only be taken for those who request it.

Eligibility: OPEN TO ALL

Schedule: Monday: 3pm - 4pm

Contact: William Franklin at
william.franklin2@ucsf.edu |

(415) 710-1349

Art & Mindfulness Group

A therapeutic, skill-building group. Clients will learn how to manage stress through sensory integration, explore creative forms of expression and communication through various artistic mediums, and increase their sense of self competence through creativity.

Eligibility: All are welcome.

Schedule: Monday: 11am-12pm

Contact: Westley Rutter at

westley.rutter@ucsf.edu/415-489-7309

Healthy Relationships

Clients focus on the importance of effective communication, the characteristics of unhealthy relationships, and factors that influence everything between.

Eligibility: Any justice-involved adults in San Francisco.

Schedule: Monday: 1-2pm

*CLOSED to new referrals due to capacity

Contact: Westley Rutter at

westley.rutter@ucsf.edu/415-489-7309

Running & Walking Club

IN PERSON

Inspired by the award-winning film **26.2 to Life** about San Quentin's 1000 Mile Running Club. Start your Wednesday morning with a jog and end with breakfast at the CASC. All levels/experiences welcome.

Eligibility: Any justice-involved adults in San Francisco
IN PERSON

Schedule: Wednesday: 8:30-9:30am

Contact: westley.rutter@ucsf.edu

SEMILLAS a FLORES

Semillas a Flores, or "Seeds to Flowers," is an advanced Spanish outpatient, in-person group that follows a culturally focused curriculum on personal and emotional development.

Eligibility: Any justice-involved adults in San Francisco.

Schedule: Thursday: 11am-12pm

Contact: Westley Rutter at

westley.rutter@ucsf.edu/415-489-7309



Yoga & Meditation Group

IN PERSON

Clients will use meditation/yoga to calm the body and mind, increase mobility, sleep better, and feel more balanced and comfortable in their skin. This is a gentle practice open to all bodies and abilities. Leave feeling peaceful and relaxed.

*Eligibility: All are welcome.
Schedule: Tue 8:30-9:30am*

Contact: Westley Rutter at westley.rutter@ucsf.edu/415-489-7309

Music Group

IN PERSON

A therapeutic, collaborative skill-building group. Clients learn to manage stress, communicate creatively, and enhance their sense of self-competence through audial sensory exploration and experimentation. Create songs, music videos, podcasts and collabs through online music recording studios/audio workstations.

Eligibility: All are welcome.

Schedule: Thu 2-3:30pm

Contact: Westley Rutter at westley.rutter@ucsf.edu/415-489-7309

Community Activities Group

IN PERSON

A group of physical movement, wellness, prosocial relationships, and community building. Walks, Museums, Parks, Cultural Events, Ferry Trips, Movies, weekly. Contact Willy Franklin at 415-710-1349

Eligibility: All are welcome.

Schedule: Fridays: 12pm-1:30pm

Contact: Westley Rutter at westley.rutter@ucsf.edu/415-489-7309

Thinking for a Change (T4C)

IN PERSON

Cognitive-behavioral change model to increase awareness that thinking controls behavior. Learning skills to replace past risk thinking with new, pro-social thinking to eliminate or minimize negative consequences.

Eligibility: Any justice-involved Adults in San Francisco.

Tuesdays: 12-1pm

*Contact: Westley Rutter
westley.rutter@ucsf.edu*

Sister's Circle

The program is designed to educate and empower women to move to the next level of Recovery. To overcome the barriers of Homelessness, Domestic Violence, Substance Abuse and chronic illnesses.

Eligibility: Any justice-involved adults in San Francisco.

Schedule:

Thursday 3pm-4pm

Contact: Ashley Ballard @ 209-261-2109

Changing Your Mind*

IN PERSON

Changing Your Mind is a cognitive behavioral therapy group for clients with mental health disorders. Clients learn how to work with their thoughts, feelings, and behaviors in ways that can help them change their lives

*Eligibility: Any justice-involved adults
Fri 2-3:30*

*Contact: Westley Rutter at
westley.rutter@ucsf.edu/415-489-7309*

Game Day Club

IN PERSON

Grow community and connection through shared activities, sports and strategic games. This group promotes physical health, sportsmanship, and team-building.

Group members will also have the opportunity to participate in field trips and tournaments.

*Eligibility: All are welcome
IN PERSON*

*Schedule: Tuesday: 12pm-1pm
Contact: ian.geertsen@ucsf.edu*

Solutions for Women

Solutions for Women is a women's empowerment group. We have been around since 2013 and welcome all to attend.

Eligibility: All are welcome.

*Zoom Meeting ID: 211 052 282
Zoom Meeting Password: 711 010*

*Schedule: Tues 6:30-8pm
Contact: Deborah Turner @ 415-871-4647*



TABLE OF SERVICES **CASC Onsite Services & Resources**

Employment Services

CASC/Goodwill:
Employment Services Employment program inclusive of job-readiness workshops, job search and placement services, and access to vocational training opportunities.

Eligibility: Any justice-involved adults in San Francisco.
Contact: Jermila McCoy (Goodwill) at 415-691-7114

Education

Five Keys Charter School Classes provided to obtain a GED or high school diploma, as well as in literacy, math, and art. Course available to acquire a Food Handler card required for employment in food services.

Eligibility: Any justice-involved adults in San Francisco.
Mon-Fri 9:30am-3:30pm
Contact: Isaac Taggart "Mr. T"
415.489.7320

Benefits Acquisition

Benefits Assessments An HSA staff member will assess eligibility and help clients enroll in CAAP, CalFresh, and Medi-Cal.

Eligibility: Any justice-involved adults in San Francisco.

Every Wednesday 9-4pm

Housing Resource Workshop

Tenderloin Housing Clinic THC's monthly zoom housing workshop, provides application resources to current housing opportunities and cover topics related to housing attainment.

Eligibility: Any individuals who are in need of housing resources
Contact: Richard Beal (THC) at 415-230-3824 ext. 2118

Food Pantry

Fresh, frozen, and non-perishable groceries provided weekly upon request.

Eligibility: Any justice-involved adults in San Francisco.

Mon-Fri 8:30am-4pm

Ask the front desk for support

Clothing & Hygiene Closet

Clothing and hygiene kit provided weekly upon request (when available.)

Eligibility: Any justice-involved adults in San Francisco.

Mon-Fri 8:30am-4pm

Ask the front desk for support