

COMMUNITY CALENDAR

ARTS EVENTS

The ARTery Project, S.F. Arts Commission's series of mid-Market art events, fairs, exhibitions and performances. Installations by light artists at three Market Street locations, through June 2011; The 8 x 10 Show, Central City Hospitality House Community Arts Program's multimedia group exhibition downstairs from the luggage store gallery, 1009 Market St., through Feb. 11; Projections Series, video and film, at the luggage store gallery, 1007 Market St., through June; Zimoun, solo exhibition of kinetic, sonic sculptures, Gray Area Foundation for the Arts, 55 Taylor St., through Feb. 26. Info: sfartscommission.org/artery.

Hobo Grunt Cycle, by Kevin Augustine, EXIT Theatre, Thu., Fri., Sat., Feb. 17-Mar. 5, 8 p.m., 156 Eddy St. Life-sized puppets and performers challenge the insanity of warfare: A tramp clown attempts to heal the scars of violence by nursing his pet dog back to health; the legacy of veterans' trauma is mirrored through the experience of a severely injured fight-ring pit bull. Info: sffringe.org.

SPECIAL EVENTS

Two-day intensive NERT training in the Tenderloin, March 2 and March 9, 201 Turk St., 8:30 a.m.-5:30 p.m. Free disaster-preparedness classes (earthquake, fire, terrorism) offered by the S.F. Fire Department. RSVP to sffdntert@sfgov.org or call 970-2024 to register. More info or register online: www.sfgov.org/sffdntert.

Tenderloin Walk on the Wild Side, rescheduled: Thu., Feb. 10, 2 p.m., Rancho Parnassus cafe, 132 Sixth St. at Minna. Free 90-minute preview tour of TL locations of interest with historian Deleano Seymour follows free buffet. Info: 574-1641.

COMMUNITY: REGULAR SCHEDULE HOUSING

Supportive Housing Network, 3rd Thursday of the month, 3-5 p.m., Dorothy Day Community, 54 McAllister. Call: 421-2926 x304.

Tenant Associations Coalition of San Francisco, 1st Wednesday of the month, noon, 201 Turk St., Community Room. Contact Michael Nulty, 339-8327. Resident unity, leadership training.

HEALTH AND MENTAL HEALTH

CBHS Consumer Council, 3rd Monday of the month, 5-7 p.m., CBHS, 1380 Howard St., room 537. Call: 255-3695. Advisory group of consumers from self-help organizations and other mental health consumer advocates. Open to the public.

Health & Wellness Action Advocates, 1st Tuesday of the month, 5-7 p.m., Mental Health Association, 870 Market St., Suite 928. 421-2926 x306.

Healthcare Action Team, 2nd Wednesday of the month, 1010 Mission St., Bayanihan Community Center, 11 a.m.-12:30 p.m. Focus on increasing supportive home and community-based services, expanded eligibility for home care and improved discharge planning. Light lunch served. Call James Chionsini, 703-0188 x304.

Mental Health Board, 2nd Wednesday of the month, 6:30-8:30 p.m., City Hall, room 278. CBHS advisory committee, open to the public. Call: 255-3474.

National Alliance for the Mentally Ill-S.F., 3rd Wednesday of the month, 6:30-8:30 p.m., Family Service Agency, 1010 Gough St., 5th Fl. Call: 905-6264. Family member group, open to the public.

SAFETY

Neighborhood Emergency Response Team Training (NERT). Central city residents can take the S.F. Fire Department's free disaster preparedness and response training at neighborhood locations. www.sfgov.org/sffdntert, or Lt. Arteseros, 970-2022.

SoMa Police Community Relations Forum, 4th Monday of the month, 6-7:30 p.m. Location varies. To receive monthly email info: Meital Amitai, 538-8100 x202 or mamitai@iisf.org.

Tenderloin Police Station Community Meeting, last Tuesday of the month, 6 p.m., police station Community Room, 301 Eddy St. Call Susa Black, 345-7300. Neighborhood safety.

NEIGHBORHOOD IMPROVEMENT

Alliance for a Better District 6, 2nd Tuesday of the month, 6 p.m., 230 Eddy St. Contact Michael Nulty, 820-1560 or sf_district6@yahoo.com, a districtwide improvement association.

Central Market Community Benefit District, board meets 2nd Tuesday of the month, Hotel Whitcomb, 1231 Market St., 3 p.m. Information: 882-3088, <http://central-market.org>.

Friends of Boeddeker Park, 2nd Thursday of the month, 3:30 p.m., Boeddeker Rec Center, 240 Eddy St. Plan park events, activities and improvements. Contact Betty Traynor, 931-1126.

Gene Friend Recreation Center Advisory Board, 3rd Thursday of the month, 5 p.m. Board works to protect SoMa resources for children, youth, families and adults. Gene Friend Recreation Center, 270 Sixth St. Information: Tim Figueras, 554-9532.

North of Market/Tenderloin Community Benefit District. Full board meets 3rd Monday of every other month, 5:30 p.m., 134 Golden Gate Ave., 292-4812.

SoMa Community Stabilization Fund Community Advisory Committee meets 3rd Thursday of the month, 5:30 p.m., 1 South Van Ness, 2nd floor atrium. Info: Claudine del Rosario 749-2519.

South of Market Project Area Committee, 3rd Monday of the month, 6 p.m., 1035 Folsom St. Health, Safety and Human Services Committee meets monthly on the 1st Tuesday after the 1st Monday, 1035 Folsom, noon. 487-2166 or www.sompac.com.

Tenderloin Futures Collaborative, 3rd Wednesday of the month, 11 a.m.-noon, Tenderloin Police Community Room, 301 Eddy. Presentations on issues of interest to neighborhood residents, nonprofits and businesses. Information: tiffutures.org, 820-3989.

Tenderloin Neighborhood Association, 2nd Friday of the month, 842 Geary St., 5 p.m. Nonprofit focuses on health and wellness activities to promote neighborly interactions. Info: tenderloinneighborhood@yahoo.com.

SENIORS AND DISABLED

Mayor's Disability Council, 3rd Friday of the month, 1-3 p.m., City Hall, room 400. Call: 554-6789. Open to the public.

Senior Action Network, general meeting, 2nd Thursday of the month, 9 a.m.-noon, Universal Unitarian Church, 1187 Franklin St. Monthly programs, 965 Mission St. #700: Senior Housing Action Committee, 3rd Wednesday, 1:30 p.m. Call for health program and Senior University: 546-1333 and www.sfsan.org.

Next Ground Zero Poetry Reading

Wed. Feb. 9, 8 p.m.

21 Club

Turk and Taylor streets

Harm Reduction

On the Road to Recovery

Office of Self Help has always used Harm Reduction in our work with mental health consumers and substance users. Even before Harm Reduction became the official policy of the Department of Public Health in 2000.

Harm Reduction just makes sense. It means your behavior shouldn't hurt anyone, not even yourself. Being high is no reason to turn a client away. We respect the unique needs and personal goals of each client and we match treatment to reflect cultural and individual differences.

The Harm Reduction approach acknowledges that relapse is often part of the cycle of recovery. Our staff works with clients to prevent relapse. But if relapse occurs, we remain committed to the client.

The ultimate goal is stability and sobriety — achieved without judgment and through the guided efforts of each client. Treatment begins with compassion.

OSH provides a safe place to examine individual behavior, to create sense out of personal chaos and to reduce reliance on drugs or alcohol as a response to daily life.

The journey to recovery doesn't run on a timetable. There are choices for each client. Harm Reduction helps people choose to lead a healthy life.

Office of Self Help Drop-In Center, 1095 Market Street, Suite 202
This behavioral health education message is underwritten by Bank of the West.

"Harm reduction — a real alternative. It goes hand-in-hand with self help. Self help puts the responsibility for recovery on the person in need, and harm reduction is a lens that puts their situation in perspective. It helped me. I was an outcast. Harm reduction gave me the opportunity to see myself as I am — to learn my strengths and to build on them."

— Roy Crew, Director,
Office of Self Help

