

COMMUNITY CALENDAR

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 services, expanded eligibility for home care, improved discharge planning. Light lunch. 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/sffdert, 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, 1st Wednesday 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 Advisory Committee, 3rd Thursday of the month, 5:30 p.m., 1 South Van Ness, 2nd floor. 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: 928-6209.

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.



NEWS IS A COMMUNITY SERVICE

CENTRAL CITY EXTRA is published monthly by San Francisco Study Center Inc., a private nonprofit serving the community since 1972. The Extra was initiated through grants from the S.F. Hotel Tax Fund and the Richard and Rhoda Goldman Fund. The contents are copyrighted by the San Francisco Study Center, 1095 Market Street, Suite 601, San Francisco, CA 94103.

PHONE: (415) 626-1650
FAX: (415) 626-7276
EMAIL: centralcityextra@studycenter.org

EDITOR AND PUBLISHER: Geoffrey Link
ADVERTISING DIRECTOR: Heidi Swillinger
SENIOR WRITER/EDITOR: Marjorie Beggs
COMMUNITY REPORTER: Tom Carter
REPORTERS: Ed Bowers, Jonathan Newman, Mark Hedin, Anne Marie Jordan

DESIGNER: Lenny Limjoco
PHOTOGRAPHER: Lenny Limjoco
CONTRIBUTORS: John Burks, Diamond Dave, Charlie Wormhoudt
DESIGN CONSULTANT: Don McCartney
DISTRIBUTION: Mark Hedin
EDITORIAL ADVISORY COMMITTEE: David Baker, Michael Nulty, Debbie Larkin, Nicholas Rosenberg, Brad Paul, Tariq Alazraie

Central City Extra is a member of the *SAN FRANCISCO NEIGHBORHOOD NEWSPAPER ASSOCIATION, SOCIETY OF PROFESSIONAL JOURNALISTS, NORTHERN CALIFORNIA CHAPTER, AND SAN FRANCISCO PENINSULA PRESS CLUB*

What Self Help Is

Self help is what you want. Self help is what you do for yourself.

Self help works really well if you have someone who knows your options and has answers to your questions. Someone who talks the same talk and walks the same walk. One person helps another person by sharing experiences. It gives you perspective.

Self help is you deciding you want more out of life, and having the initiative to go after it. You are what you want to be. We will give you resources to help you to achieve that goal.

It's your choice.

Nonjudgmental feedback can help you make positive choices, and compassionate guidance can bolster your self-confidence.

That's self help.

Office of Self Help is a safe place staffed by your peers who also struggle with mental health and substance abuse issues. We've been where you are. Here you can work on daily living skills and other options to improve the quality of your life.

Self help is an option to clinical services, though we will connect you with a compassionate clinician, if you wish.

Come on in, have a cup of chamomile tea and a warm place to sit and talk.

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



575-1400