

COMMUNITY CALENDAR

SPECIAL EVENTS

Summer reading programs, SF Public Library, June 1-Aug. 11. Kids, teens and adults sign up and keep an online tally of the number of hours spent reading books of their choice. Get prizes after reading 40 hours: books, museum passes and eligibility for raffle with really big prizes — museum membership and \$500 gift card for Chronicle Books. Info: sfpl.org, click Summer Reading.

ARTS EVENTS

Free movies at the Main Library, Thursdays, Koret Auditorium: For Love of the Game (June 6), Moneyball (June 13), De Lovely (June 20), Saved (June 27). Info: sfpl.org

“The Boot,” EXIT Stage Left, 156 Eddy St. 4 p.m., a solo work in progress about how to survive the breakup of a long relationship by Margery Kreitman. Donations at the door.

“Dark Play, or Stories for Boys,” Fridays and Saturdays, June 22-July 13, EXIT Theatre, 156 Eddy St., 8 p.m. Bay Area Premier of Carlos Murillo's romantic thriller. Tix: darkplay.eventbrite.com.

REGULAR SCHEDULE HOUSING

Tenant Associations Coalition of San Francisco, 1st Wednesday of each 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 month, 5-7 p.m., 1380 Howard St., room 537, 255-3695. Consumer advisers from self-help groups and mental health consumer advocates. Public welcome.

Healthcare Action Team, 2nd Wednesday of 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.

SAFETY

SoMa Police Community Relations Forum, 4th Monday of each month, 6-7:30 p.m. Location varies. To receive monthly email info: 538-8100 x202.

Tenderloin Police Station Community Meeting, last Tuesday of 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 each 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 month, Hotel Whitcomb, 1231 Market St., 3 p.m. Info: 882-3088, <http://central-market.org>.

Friends of Boeddeker Park, 3rd Thursdays, 3 p.m., Police Station Community Room, 301 Eddy St. Plan park events, activities and improvements. Contact Betty Traynor, 931-1126, to confirm times and location.

Gene Friend Recreation Center Advisory Board, 3rd Thursday of month, 5 p.m. Works to protect SoMa resources for all residents. Gene Friend Rec Center, 270 Sixth St. Info: Tim Figueras, 554-9532.

North of Market/Tenderloin Community Benefit District, Full board meets 3rd Monday at 4 p.m.. Call 292-4812 for location or check nom-tlcbd.org.

Safe Haven Project, 4th Tuesday of each month, 3 p.m., 519 Ellis St. (Senator Hotel). Contact: 563-3205, x115, or centralcitysafehaven@gmail.com.

SoMa Community Stabilization Fund Advisory Committee, 3rd Thursday of month, 5:30 p.m., 1 South Van Ness, 2nd floor. Info: Claudine del Rosario, 701-5580.

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. Info: 928-6209.

Tenderloin Neighborhood Association, 2nd Friday of 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 month, 1-3 p.m., City Hall, room 400. Call: 554-6789. Open to the public.

Senior & Disability Action (formerly Planning for Elders/Senior Action Network), general meeting, 2nd

Thursday of month, 9 a.m.-noon, Universal Unitarian Church, 1187 Franklin St. SDA Housing Collaborative meeting, 3rd Wednesday, 1 p.m. HealthCare Action Team meeting, 2nd Wednesday, 1010 Mission St., (Bayanihan Community Center). For info about SDA's Survival School, University and computer class schedules: 546-1333, www.sdaction.org.

DISTRICT 6 SUPERVISOR

Jane Kim, member, Land Use Committee, School District, Transportation Authority; chair, Transbay Joint Powers Authority Board of Directors; vice-chair Transportation Authority Plans & Programs Committee

Legislative aides: Sunny Angulo, Ivy Lee and Danny Yedegar

Jane Kim@sf.gov.org 554-7970

SAN FRANCISCO... a GOOD place to be a caregiver!

Caregiving can be rewarding—but often overwhelming. If you help a loved one with daily activities (meals, medications, rides, finances, etc.), you can get free or low-cost services, information and advice from these respected SF organizations.



- **Family Caregiver Alliance** - Information, support & resources for families & caregivers throughout the Bay Area. (800) 445-8106
- **Kimochi** - Serving seniors in the Japanese-American community. (415) 931-2294
- **Openhouse** - Programs & services in the LGBT community. (415) 296-8995
- **Self-Help for the Elderly** - Bilingual (Chinese) services in the Bay Area. (415) 677-7600

You are not alone! Call today, or learn more at:
<http://info.caregiver.org/sf.html>

Funded by the San Francisco Department of Aging and Adult Services.

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, 944 Market Street, 7th Floor

575-1400

“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

