



SAN FRANCISCO SHERIFF'S DEPARTMENT COMMUNITY PROGRAMS PORTFOLIO OF SERVICES

70 OAK GROVE:

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| Five Keys Charter School (5KCS) | <p>The Five Keys provides a range of education and services including:</p> <ul style="list-style-type: none"> • high school diploma • career and technical education • digital literacy • English as a Second Language education • cognitive behavioral therapy • recovery programs • case management • correctional education consultation • college access. <p>These services are intended for both transitional age youth and adults.</p> | <p>Monday- Friday 8:00am-3:00pm GED Testing (4th Friday) Contact: 5 KCS 415 734-3314 415 821-2400 to enroll</p> |
| Substance Abuse (Pretrial) | <p>The goal of this group is to effect behavioral change through an exploration of beliefs that precipitate use of alcohol and other drugs. It is intended for adults involved in the criminal justice system.</p> | <p>Monday 1:00pm-2:00pm Contact: Pretrial 415 626-4995</p> |
| Anger Management | <p>This group uses cognitive restructuring to help the participants understand that it is not events themselves that cause anger, but the individual's interpretations of those events.</p> | <p>Monday 3:30pm-4:30pm Contact: Pretrial 415 626-4995</p> |
| Discovering Your True Self (DYTS) | <p>This group works with 18-30 year olds to support them in changing their lives. DYTS breaks down self-hatred and promotes self-love, challenging the paradigms of Money, Sex, Drugs, Guns and Gangster Rap.</p> | <p>Monday 4:30pm-6:00pm Contact: Phelicia Jones, MCP 415 575-6463</p> |
| Alcoholics Anonymous | <p>Alcoholics Anonymous is a twelve-step program with an international fellowship of men and women who have a drinking problem. It is nonprofessional, self-supporting, multiracial and apolitical. Membership is open to anyone who wants to do something about his or her drinking problem.</p> | <p>Monday 6:00pm-7:00pm Contact: Phelicia Jones, MCP 415 575-6463</p> |
| Men's Mentoring Movement (M3) | <p>The mission of the Mentoring Men's Movement is to create healthier and safer communities by providing guidance and support to the incarcerated, previously incarcerated and other individuals who strive to improve their own lives.</p> | <p>Tuesday 9:00am-11:00am Contact: Floyd Johnson 415 484-6110</p> |

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| Harm Reduction | The group is facilitated from an inviting, respectful, nonjudgmental position and seeks to reduce isolation, anxiety, and depression. The group focuses on meeting people where they are so that they can achieve change incrementally. | Tuesday 10:00am-11:00am Contact: Pretrial 415 626-4995 |
| Manalive | Manalive is a 52-week, domestic violence prevention class. Manalive is peer-based with a gender-emphasized analysis of violence. It involves analyzing and deconstructing the socially-learned Male Role Belief System of superiority and dominance. The groups teach individuals how to unlearn violent attitudes and behaviors through a practice of emotional literacy within emotional intimacy. | Tuesday 5:00pm-7:00pm Wednesday 5:00pm-7:00pm Thursday 10:00am-12:00pm Friday 10:00am-12:00pm Contact: Scott Schell 415 575-6451 |
| Living in Balance (LIB) | LIB is a 12-week course that incorporates a biopsychosocial approach to strengthen neglected areas of an addict's life to achieve successful recovery. The curriculum draws from cognitive-behavioral, experiential, and twelve-step approaches to help clients achieve lifelong recovery. | Wednesday 3:30pm-5:00pm Contact: Elena Berman 415 776-1001 |
| Substance Abuse (Community Programs) | This group uses Cognitive Behavioral Therapy to assist individuals to achieve and sustain abstinence. The class provides a space for participants in which they will not be judged or berated for anything they disclose. | Wednesday 5:00pm-6:00pm Contact: Phelicia Jones, MCP 415 575-6463 |
| Wellness Recovery Action Plan (WRAP) | WRAP is a peer-facilitated group focused on individuals who want to get well, stay well and make their life what they want it to be. | Thursday 9:00am-10:30am Friday 9:00am-10:30am Contact: Erik Deiters, MA 415 933-1901 |
| Latino Support Group | This group focuses on: <ul style="list-style-type: none"> • substance abuse education • anger management • development of self-esteem and survival skills. | Thursday 1:00pm-2:00pm Contact: Pretrial 415 626-4995 |
| Thinking 4 Change | The foundation of this group is the understanding that thinking controls behavior, and thoughts are guided by underlying beliefs. The group explores beliefs/thoughts that precipitate negative consequences. | Thursday 3:00pm-4:00pm Contact Pretrial 415 626-4995 |
| Parenting Class | Parenting Inside Out is a parenting skill training program focusing on: <ul style="list-style-type: none"> • communication • problems solving | Thursday 5:30pm-7:00pm Contact: Hamaseh Kianfar 415 942-0886 |

WOMEN'S RESOURCE CENTER:

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| <p>Five Keys Charter School (5KCS)</p> | <p>The Five Keys provides a range of education and services including:</p> <ul style="list-style-type: none"> • high school diploma • career and technical education • digital literacy • English as a Second Language education • cognitive behavioral therapy • recovery programs • case management • correctional education consultation • college access. <p>These services are intended for both transitional age youth and adults.</p> | <p>Monday- Friday 8:00am-3:00pm GED Testing (4th Friday) Contact:5 KCS 415 734-3314 415 821-2400 to enroll</p> |
| <p>Acupuncture</p> | <p>Acupuncture is a holistic health technique that stems from traditional Chinese Medicine practices in which trained practitioners stimulate “chi” by inserting thin needles into the skin on specific points of the body..</p> | <p>Tuesday 9:00-11:30 am Contact: WRC (415) 734-3150</p> |
| <p>Seeking Safety</p> | <p>This therapy helps clients attain safety from trauma and substance abuse through the development of coping skills and grounding techniques.</p> | <p>Tuesday 11:00-12:00 pm Contact: Vilma Rizzo vrizzo@healthright360.org</p> |
| <p>Parenting Class</p> | <p>Parenting Inside Out is a parenting skill training program focusing on:</p> <ul style="list-style-type: none"> • communication • problems solving • emotion regulation • child development • family dynamics • positive reinforcement • effective directions • non-violent discipline • parenting role • transition planning • family reintegration. | <p>Tuesday 12:30-1:30 pm Contact: Khaleda Wright kwright@communityworkswest.org</p> |

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| Relapse Prevention | This is evidence-based cognitive-behavioral treatment curriculum. | Wednesday 12:30-1:30 pm Contact WRC (415) 734-3150 |
| Cooking/Nutrition | This groups focuses on: <ul style="list-style-type: none"> • eating healthy on a budget • the link between nutrition and good health • interactive healthy cooking Each class ends with communal dining. | Thursday 10:30-11:30 am Contact WRC (415) 734-3150 |