



Alice Griffith, Hunters View, Potrero Hill and Sunnydale Wellness Centers are open Monday through Friday from 9:00 a.m. to 5:00 p.m.



“October is a fallen leaf, but it is also the wider horizon more clearly seen. It is the distant hill once more in sight, and the enduring constellations above that hill once again.” By Hal Borlan “This Hill, This Valley”

Weekly groups and activities



Sunnydale

Hunters View

Potrero Hill

Alice Griffith

	Monday	Tuesday	Wednesday	Thursday	Friday
Sunnydale	Walk this way 10am - 11am Yoga 3pm - 4pm @290 Malosi	Healthy Smoothies 10am - 11am @1654 Sunnydale Blvd. Walk this way 11am - 12pm. Loteria Group Octubre 8th & 22nd 12pm-2pm @1652 Sunnydale	Breakfast with champions 10am - 12pm Art & Relaxation 2:30 - 4:30pm on Zoom Zumba 5:30pm - 6:30pm	Super Seniors 11:30am - 1:30pm @290 Malosi Walk this way 10am - 11am	Resource Table 10am - 12pm
Hunters View	B.A.B.Y Fitness (becoming a better version of yourself) 3pm- 5pm Flu Pop up 1pm - 3pm	Men's Health Group 2pm- 3pm 901 Fairfax Baby Fitness 11pm- 1pm	Happy Healthy Holistic Hour 12pm - 2pm @ 901 Fairfax Art & Relaxation 2:30pm - 4:30pm on Zoom Wellness in Motion 3pm - 4pm Baby Fitness Personal Trainer By appointment	Wellness in Motion 11am - 12pm Baby Fitness 3pm - 5pm	Baby Fitness By appointment Flu Pop up 10am - 12pm
Potrero Hill	Resource Table 10am - 12pm Walking Group TBD	Pantry 9:30am - 1:30pm	Resource table 10am - 12pm Art & Relaxation 2:30pm - 4:30pm on Zoom	Blood Pressure Pop-up 2pm - 3pm @1101 Connecticut St Zumba 4:00pm - 5:00pm	Cafe Con Leche Bilingual Social Support Group 10am - 12pm Octubre 4 & 18 Meet the Nurse 10am - 12pm
Alice Griffith	Flu Pop up 10am - 11am Zumba 5pm - 6:30pm	Healthy Eating 1:30pm - 3:30pm Flu Pop up 10am - 12pm Zumba 5pm - 6:30pm	Art & Relaxation 2:30pm - 4:30pm on Zoom	Walking Group 10am - 12pm	Zumba 5pm. - 6:30pm



Programs and Services

Behavioral Health Services:

Clinicians and Wellness Navigators provide a range of services to support resident's mental health needs and overall well-being. Services include: mental health assessments, short term therapy, workshops, case management, and crisis support.

The Community Health Ambassador Program:

The Community Health Ambassador Program provides individuals with a unique opportunity to become advocates for health and wellness within their communities. They gain the knowledge and skills needed to support others and promote healthy habits. Through a comprehensive training program, ambassadors cover topics such as disease prevention, nutrition, and mental wellness. If you are interested in learning more or in joining our team, please visit <https://www.ymcasf.org/CHAMP> or speak with an on-site staff member who will be able to provide more information.

Nursing Services:

Registered nurses provide care links (primary care and urgent care) to residents, providing chronic and acute disease management, blood pressure screenings, pregnancy testing, emergency contraception (Plan B), flu vaccines, TB screenings, home visits, free over-the-counter medications, and more. For more information or to make an appointment with our nurse, please contact our wellness centers directly.

If you or someone you know is experiencing a mental health emergency, please call:

Comprehensive Crisis Services: (628) 217-7000

Medical Emergency: 911

SF Suicide Prevention: (415) 781-0500

LGBTQ/In Crisis young people: (866) 488-7386



POTRERO HILL

1700 25th Street
(628)217-5200

ALICE GRIFFITH

2600 Arelious Walker Dr
(628)217-5340

SUNNYDALE
1652 Sunnydale Avenue
(628)217-5320

HUNTER VIEW
901 Fairfax Avenue
(628)217-5220

October Glory Maples Trees

