



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.

November

HOPE SF will be closed on Monday, November 11, 2024
 Thursday & Friday, November 28th & 29th

Weekly Groups and Activities

Sunnydale

Hunters View

Potrero Hill

Alice Griffith

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| Walk this way November 4th 2pm - 3pm @1530 Sunnydale Yoga 3pm - 4pm @1530 Sunnydale Flu Pop-up Monday November 18th 3pm - 4pm @1530 Sunnydale | Healthy Smoothies 10:00am - 11:30am @1530 Sunnydale Walk this way 11am - 12pm @1530 Sunnydale Flu Pop-up November 5th & 19th 10am - 11 am @ 290 Malosi Grupo de Loteria November 12th & 26th 12pm-2:30pm @1530Sunnydale | Breakfast with champions November 6th 10am - 12pm @1530 Sunnydale Walk this way November 11th 2pm - 3pm @ 1530 Art & Relaxation 2:30pm- 4:30pm on Zoom November 27th Turkey Giveaway 4pm - 7pm 1654 Sunnydale Zumba 5:30pm - 6:30pm | Tai Chi TBD @1530 Super Seniors 11:30am - 1:30pm @290 Malosi Walk This Way Start on November 8th 2pm - 1 pm @1530 Sunnydale | <p>Resource Table 10am - 12pm</p> INFORMATION |
| 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 Baby Fitness Personal Trainer By appointment | Wellness in Motion 11am - 12pm Baby Fitness 3pm - 5pm | Baby Fitness By appointment Flu Pop up 10am - 12pm |
| | Pantry 9:30am - 12:30pm @127 Dakota St | Art & Relaxation November 6th & 13th 2:30pm - 4:30pm on Zoom | Blood Pressure Pop-up 2pm - 3pm @1101 Connecticut St Zumba 1101 Connecticut St 5pm - 6pm 1700 25th St (Basketball court) if 1101 is not available. No CLASS ON 11/21 | Cafe en el Jardin First & Third Friday 10am - 12pm @Texas Farm Community Garden Special Day & Time Thanksgiving Plating Saturday, November 23, 2024 8am - 2pm |
| Flu Pop up 10am - 11am Zumba 5pm - 6:30pm | Flu Pop up 10am - 12pm Healthy Eating November 19th & 26th 1:30pm - 3:30pm Zumba 5pm - 6:30pm | Art & Relaxation 2:30pm - 4:30pm on Zoom | Walking Group 10am - 12:pm | 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.

SUNNYDALE
1652 Sunnydale Avenue
(628)217-5320

POTRERO HILL
1700 25th Street
(628)217-5200

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.

HUNTERS VIEW
901 Fairfax Avenue
(628)217-5220

ALICE GRIFFITH
2600 Arelious Walker Dr
(628)217-5340

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

