



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.



DECEMBER

HOPESF will be closed on Wednesday, December 25th

Weekly Groups and Activities

HOPESF sites will be closed from 12pm to 5:30pm on Thursday, December 19th

Sunnydale

Hunters View

Potrero Hill

Alice Griffith

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Walk this way 2pm - 3pm @1530 Sunnydale Yoga 3pm - 4pm @1530 Sunnydale Flu Pop-up Monday Dec 16th 3pm - 4pm @1530 Sunnydale | Walk this way 11am - 12pm @1530 Sunnydale Healthy Smoothies 10:00am - 11:30am @1530 Sunnydale Grupo de Loteria December 10th 12pm-2:30pm @1530 Sunnydale Flu Pop-Up Dec 3rd & 17th 10am - 11am @290 Malosi | Breakfast with Champions 10am - 12pm @1530 Sunnydale Art & Relaxation 2:30pm- 4:30pm on Zoom Zumba 5:30pm - 6:30pm | Walk This Way 2pm - 1 pm @1530 Sunnydale | Resource Table 10am - 12pm INFO |
| 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 Winter Wonderland December 20th 5pm - 7pm @901 Fairfax |
| Community Outreach | Pantry 9:30am - 12:30pm @127 Dakota St | Art & Relaxation 2:30pm - 4:30pm on Zoom | Blood Pressure Pop-up 2pm - 3pm @1101 Connecticut St Zumba 1101 Connecticut St 5pm - 6pm | La Posada en Comunidad December 13th 11am - 3pm Christmas Turkey Giveaway Saturday, December 14th 8am - 2pm |
| Zumba 5pm - 6:30pm | Healthy Eating December 3rd, 10th & 17th 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.



SUNNYDALE
1652 Sunnydale Avenue
(628)217-5320

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 or speak with an on-site staff member who will be able to provide more information.

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

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

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

