



January 2025



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.

HOPE SF will be closed on:
Wednesday, January 1, 2025
Monday, January 20, 2025

Weekly Groups and Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
Sunnydale	Walk this way 2pm - 3pm @1530 Sunnydale Yoga 3pm - 4pm @1530 Sunnydale	Walk this way 2pm - 3pm @1530 Sunnydale Flu Pop-Up Jan 7 & 21st 10am - 11am @290 Malosi Grupo de Loteria Jan 14 & 28th 12pm-2:30pm @1530 Sunnydale	Walk this way 2pm - 3pm @ 1530 Sunnydale Art & Relaxation 2:30pm- 4:30pm on Zoom	Super Senior group 11:30am-1:30pm @290 Malosi Walk This Way 2pm - 3pm @1530 Sunnydale	Resource Table 10am - 12pm INFO
Hunters View	B.A.B.Y Fitness (Becoming A Better version of Yourself) 3pm- 5pm	Men's Health Group 2pm- 3pm @901 Fairfax B.A.B.Y Fitness 11pm- 1pm	Happy Healthy Holistic Hour 12pm - 2pm @901 Fairfax Art & Relaxation 2:30pm - 4:30pm On Zoom B.A.B.Y Fitness Personal Trainer By appointment	B.A.B.Y Fitness 3pm - 5pm	B.A.B.Y Fitness appointment
Potrero Hill	Men's Health Group 5pm- 6pm @1700 25th Street TBD	Pantry 9:30am - 12:30pm @127 Dakota St Community Outreach	Art & Relaxation 2:30pm - 4:30pm on Zoom	Zumba 1101 Connecticut St 5pm - 6pm Start January 30, 2025	Café en el jardín 10:am to 12pm Jan 17
Alice Griffith	Zumba 5pm - 6:30pm Starting January 24, 2025	Healthy Eating 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 C.H.A.P's 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.

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



SUNNYDALE
1652 Sunnydale Avenue
(628)217-5320



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

HUNTERS VIEW
901 Fairfax Avenue
(628)217-5220

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



Faith: "Faith is taking the first step even when you don't see the whole staircase"
Martin Luther King Jr.