



July-August Self-Care Activities

WHO: Habitat for Humanity Greater San Francisco

WHAT: Healthy Community Day!

WHERE: Hilltop (Sundial) Park

WHEN: July 8, 2017 | 9am-1pm

CONTACT: Laurel Caplan, lcaplan@habitatgsf.org to sign up

NOTES: Habitat for Humanity GSF is partnering with the Bayview YMCA for a Healthy Community Day! Come participate in a free exercise class and warm-up, beautify your local park, enter a raffle for free gifts, and enjoy a complimentary lunch.

WHO: EcoCenter

WHAT: From Sticky Monkey Flowers to Zebra Spiders: Native Plant and Insect Nature Walk

WHERE: Heron's Head Park, Jennings Street at Cargo Way, San Francisco 94124

WHEN: July 15th from 10:00am – 12:00pm

CONTACT: ecocenterhhp.org 415-839-4963

NOTES: Get up close and personal with the native plants and insects that call Heron's Head park home during a guided nature walk with EcoCenter Intern Tidjiane Dabokemp.

WHO: SF Recreation and Park & The Healthy Parks, Healthy People Initiative

WHAT: Heron's Head Park Trail Walk

WHERE: Heron's Head Park, Jennings Street at Cargo Way, San Francisco 94124

WHEN: July 22 from 10:00am – 12:00pm

CONTACT: ecocenterhhp.org 415-839-4963

NOTES: In collaboration with SF Recreation and Parks and the Healthy Parks, Healthy People initiative, join professional guides on an interpretive walk to admire the San Francisco waterfront as we follow a short section of the Bay Trail. This low impact walk is great for socializing and bird watching. The walk will begin in the mini-park next to the Heron's Head Park parking lot at 10:00am. Don't forget to bring water, hats and sunscreen!

WHO: San Francisco Mental Health Education Funds, Inc.

WHAT: Building Resiliency: Effective Management of Vicarious Trauma

WHEN: Friday, August 18, 2017 from 8:30am to 4:30pm

WHERE: Southeast Community Facility Commission, 1800 Oakdale Ave., SF 94124

CONTACT: Helynna Brooke, 415-731-1818 training@mhbsf.org

NOTES: Nicky MacCallum LMFT, NCC is presenting “Building Resiliency: Effective Management of Vicarious Trauma.” This training is suitable for all service providers who work with children, youth, adults, and families impacted by trauma. Working with people who have been hurt, and feeling committed or responsible to help increases the risk of vicarious trauma. While vicarious trauma is a normal and natural part of working with a traumatized population if not effectively managed it can be permanently transformative negatively impacting both quality of work and quality of life. Participants in this training will have the opportunity to increase their understanding of vicarious trauma, participate in a self-assessment of their own vicarious trauma and learn practical, effective self-care tools to assist in coping with, transforming, and inoculating against the impact of vicarious trauma. Continuing education credits (CEU) will be offered for LMFTs, LCSWs, OTTPs, Psychologists, Nurses, CCAP (CAADE) Cost: Conference fee: \$50.00, Conference plus 6 CEUs: \$70.00. Visit event website [here](#).
