



July-August Self-Care Activities

WHO: Dr. George W. Davis Senior Center

WHAT: Race walking with Bette Vargas

WHERE: Dr. George W. Davis Senior Center, 1753 Carroll Ave.

WHEN: Now – October 28th, every Saturday morning at 10:00am

CONTACT: Brittney Doyle at 415-822-1444

NOTES: Race walking with Bette Vargas is coming to the Bayview! Don't miss this FREE opportunity to try something new. All ages and walking levels are welcome. Come with your canes and your pains...we will help you walk it out. Join our Silver Streaks Program to Learn the Art of Racewalking. Lose weight, melt away belly fat, improve your balance, get in shape for the rest of your life! Learn at your own pace. All ages welcome!

WHO: Toro Training & Sickle Cell Anemia Awareness

WHAT: KMJ Warrior Fitness Day

WHERE: Martin Luther King Jr. Park, 5701 3rd St., San Francisco, CA

WHEN: Saturday, August 12th, 2017 from 10am-12pm

CONTACT: www.scaasf.org <http://torotraining.com>

NOTES: Get out and get your blood circulating! 2ND Annual KMJ FITNESS DAY GET YOUR BLOOD FLOWING, YOUR BODY FIT, YOU GONNA WANNA BE THERE!! Ages 6-9: free, Ages 10+: \$5 donation. Proceeds go to SCAA – Sickle Cell Anemia Awareness.

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](#).
