



November-December Self-Care Activities

WHO: San Francisco Recreation and Park

WHAT: Winter Registration

WHERE: Citywide

WHEN: December 16 @ 10am

CONTACT: www.sfrecpark.org

NOTES: Winter registration opens on Saturday, December 16 at 10 a.m.! Classes include Robotics, Woodworking, Skateboarding and Martial Arts! For a full list of classes, as well as sites where you can register, click on above link.

WHO: Bayview Hunters Point Clinic

WHAT: Open Enrollment

WHERE: San Francisco

WHEN: Now – January 31, 2018

CONTACT: Danetta, Certified Enrollment Counselor @ (415) 579-0073 or danetta@marincityclinic.org

NOTES: Need assistance signing up for Medical (Medi-Cal or Covered CA), Vision, Dental, Cal Fresh or Registering to Vote? Contact Danette. You may qualify for Special Enrollment if you: lost Medi-Cal or insurance, decreased income, turned 26 years old, moved or had re-entry, had or adopted a child, married or new partnership, became a U.S. citizen.

WHO: Edgewood

WHAT: Kinship Caregiver Wellness Circle

WHERE: Bayview Plaza, Suite 620

WHEN: First Friday of each month 10:30am-12:30pm

CONTACT: Lois Kincy, Kinship Navigator Wellness Circle Facilitator 415.682.3256
loisk@edgewood.org

NOTES: “We take care our ourselves, too” There’s a special personal freedom to be found in taking care of ourselves. Wellness for Kinship Caregivers. Our goal is to: assist and support caregivers in the care and nurture of the children in their care. Provide information on ways to maintain their own personal wellness at the same time. Provide the tools to inspire them to remain healthy physically, spiritually and emotionally themselves. Our objective is to provide support services, such as support circles along with the necessary training to be effective parents and advocates for the kinship youth in their care.

WHO: SF Recreation & Parks

WHAT: Peace Parks

WHERE: Youngblood Coleman Park, 1098 Hudson Ave

WHEN: Thursday-Saturday 6pm-10pm

CONTACT: Linda Barnard linda.barnard@sfgov.org

NOTES: Classes and activities include culinary cuisine, hair braiding, Barber exquisite, Etiquette Class, Character Building, Health and Hygiene, Fashion Design/Modeling, movie night, dance night, DJ lessons.

WHO: Healthy Parks Healthy People Bay Area

WHAT: Walking Group

WHERE: Heron's Head Park @ Jennings Street & Cargo Way

WHEN: Fourth Saturday from 10am-12noon

CONTACT: (415) 970-8062 or www.hphpbayarea.org for more info.

NOTES: These free and fun walks happen every Saturday in San Francisco's beautiful parks. They are led by Park staff and designed for all ages and all abilities. Come join us outside to explore and enjoy nature. Remember to wear comfortable shoes, use sun screen protection, and bring a water on walks. Muni Bus lines 44 & 19.

WHO: REACH Healthy Hearts SF

WHAT: Healthy Hearts SF Walking Group

WHERE: Southeast Health center, 2401 Keith Street, San Francisco

WHEN: Wednesdays at 12:00pm-1:00pm

CONTACT: For more information: (415) 671-7000

NOTES: FREE walking group, call for more information.
