



January Self-Care Activities

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: Bayview Hunters Point Clinic

WHAT: Bayview Clinic Conversations on African American Health, Poverty & Gentrification

WHERE: Bayview Opera House

WHEN: Thursday, January 25, 2018 @ 6pm

CONTACT: Tickets & sponsorship: www.bayviewclinic.eventbrite.com

NOTES: Black health and wellness services have returned to Bayview Hunters Point in the historic Arthur H. Coleman Medical Center. Learn how poverty, health and gentrification are connected. Join us for an interview and film with Alex Kotlowitz, described by Ta-Nehisi Coates as "One of our great American journalists." This event launches a quarterly series on the culture and wellness of Bayview residents - and a \$1.2M campaign to save the clinic's historic building!

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: Edgewood Family Resource Center & Tandem

WHAT: Cooking Class

WHERE: Tandem, 1275 Fairfax, Suite 201

CONTACT: Zoila Cartagena 415.745.5145

NOTES: We are honored to collaborate with our neighbor organization, Tandem. They support our families through early literacy and parent training. Come join us and be part of this Cooking Class, Support Group and Food Bank. We'll learn health ways to cook for our families in a safe and supportive environment. Child care and lots of fun!
