



## *June Self-Care Activities*

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**WHO:** Healthy Parks, Healthy People

**WHAT:** Free Guided Walk in the Park with Healthy Parks, Healthy People

**WHERE:** Port of SF's Heron's Head Park (Jennings Street off of Cargo Way)

**WHEN:** June 23 10am-12pm

**CONTACT:** For more information, email Lisa McHenry [here](#).

**NOTES:** Join us as we team up with the Herons Head Eco Center for Science Saturday! We will walk along the beautiful San Francisco waterfront and Bay Trail, bird watching and socializing. We will also visit the Eco Center for a fun lesson or two in sustainability. For a more enjoyable walk remember to dress comfortably, wear walking shoes, bring water and use sun protection. Please check local weather forecasts - Trail Walks will be canceled due to rain or unsafe conditions.

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**WHO:** Resilient Bayview

**WHAT:** Psychological First Aid Training

**WHERE:** Bayview YMCA, 1601 Lane Street

**WHEN:** Thursday, June 28<sup>th</sup> from 12:30pm-3:30pm

**CONTACT:** [Sign Up for Bayview YMCA Psychological First Aid Training](#)

**NOTES:** Gain the skills to protect your mental health and that of those around you. This free training will provide you with the practical skills needed to increase your personal resilience, improve coping, and manage stress. The training will increase your overall confidence and effectiveness in communicating with others as the community recovers during a disaster. Our trainer, Dr. Elizabeth McMahan, Ph.D., has 30+ years of experience as a practicing clinical psychologist. She specializes in effective therapy for mental and emotional resilience and is co-creator of SF's groundbreaking NERT Curriculum.

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**WHO:** SF Health Work & the YMCA

**WHAT:** Resiliency Days in Sunnydale

**WHERE:** Sunnydale Community Wellness Program, 1652 Sunnydale Ave

**WHEN:** Thursdays, June 28<sup>th</sup> 3-4:30pm

**CONTACT:** For more information, call: 628.206.1123

**NOTES:** Join us as we celebrate the resiliency of ourselves and our community. To be resilient means the capacity to recover quickly from difficulties; toughness. Let's come together as a community and begin to heal from the trauma we may have experienced or find some strength during current struggles.