



February Self-Care Activities

WHO: Bayview YMCA

WHAT: Hike Life 2019

WHERE: Bayview YMCA, 1601 Lane Street

WHEN: Saturday, February 16 – Registration 8am, leaving at 8:30am SHARP!, returning 2pm

CONTACT: Derek Foster 415.822.7728 x4203

NOTES: Join us for an exciting day of adventure in nature. Once a month we take a guided trip in the Bay Area hills to replenish, energize and explore all things nature. Space is limited. This month we will explore the Presidio National Park. Free shuttle bus to and from.

WHO: Bayview YMCA

WHAT: Resiliency Celebration

WHERE: Sunnydale Community Wellness, 1652 Sunnydale Avenue

WHEN: Wednesday, February 20, 2019 3pm-4pm

CONTACT: 415.822.7728

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.

WHO: Bayview YMCA

WHAT: My Brothers Keeper – Men’s Harambee’

WHERE: Bayview YMCA, 1601 Lane Street

WHEN: Thursday, February 21 5:30pm-7:30pm

CONTACT: 415.822.7728

NOTES: Harambee’ is a Kenyan tradition and means “coming together”.

WHO: San Francisco Recreation and Parks

WHAT: Healthy Parks, Healthy People

WHERE: Heron's Head Park

WHEN: Saturday, February 23rd 10am-12pm

CONTACT: For more information, click [here](#).

NOTES: Join us and Healthy Parks, Healthy People (HPPH) as we team up with the Heron's Head Eco Center (Jennings Street off of Cargo Way) for Science Saturday from 10 a.m. to noon on February 23! We will walk along the beautiful San Francisco waterfront and Bay Trail, birdwatching and socializing. We will also visit the Eco Center for a fun lesson or two in sustainability.

WHO: Edgewood FRC & Heron's Head Eco-Center

WHAT: The Monthly Nature Walk

WHERE: Meet at: 32 Jennings

WHEN: Starts March 4. First Monday of every month from 9am-10am, rain or shine.

CONTACT: Francisco Ferrer 415.725.0758

NOTES: Edgewood FRC and Heron's Head Eco-Center invites you to participate and enjoy the monthly nature walk right in our backyard. First Monday of every month from 9am to 10am, rain or shine. For service providers, families and pets.