

# COMMUNITY ASSESSMENT AND SERVICES CENTER

## Table of Services: December 2015

SERVICE	DESCRIPTION	SCHEDULE
<i>Alcoholics Anonymous</i>	12-step AA meeting open to anyone who has a desire to stop using substances.	Wednesday / 12 pm – 1 pm
<b>America Works and Center on Juvenile and Criminal Justice (CJCJ)</b>	Employment readiness classes, job search assistance, referrals, direct placement, and follow-up support.	Monday – Friday / 9 am – 5 pm
<i>Anger Management</i>	Treatment model with a cognitive behavioral therapy approach that employs cognitive, communication, and relaxation skills.	Thursday / 10 am – 11:30 am (M) <b>NEW – Start date: 12/3/15</b> Thursday / 10 am – 11:30 am (F) <b>NEW – Start date: 12/10/15</b>
<i>Awakening New Futures</i> [America Works and CJCJ]	One-week class focusing on resume development, interviewing skills, and obtaining and maintaining employment.	Monday – Friday / 9:30 am – 12:30 pm (New session <b>weekly</b> )
<i>Batterer Intervention Program (BIP)</i>	Focuses on accountability and assists men confront attitudes about control and violence. Teaches other strategies for dealing with partners.	Thursday / 5:30 pm – 7:30 pm
<i>Benefits Assessments</i> [Human Services Agency]	Assesses eligibility for General Assistance (GA), CalFresh, and Medi-Cal.	Tuesday and Thursday / 9 am – 3 pm
<i>Choices and Changes</i>	Substance abuse-focused interactive journaling class that applies effective, evidence-based strategies to provide essential skills for self-change in thinking, feelings, and behaviors.	Monday / 10 am – 11:30 am <b>NEW – Start date: 12/7/15</b>
<b>Department of Child Support Services (DCSS)</b>	Services pertaining to court-ordered child support.	Thursday / 11:30 am – 1:30 pm
<i>EPIC Parenting</i> [Community Works]	Empowering Parents In Our Community (EPIC) is for parents, ages 18-25, and their children. Parenting classes, outings, individual or family therapy, and literacy circles. Designed to support families live holistically in their communities.	Tuesday and Thursday / 3 pm – 5 pm
<i>Fathers Matter</i>	Based on real experiences and challenges of fathers in fragile family settings, 25 group sessions offer practitioners a guide to working with them. Provides support, information, and motivation in life skills, parenthood, relationships, and health.	Tuesday / 1 pm – 3 pm
<b>Five Keys Charter School</b>	Classes provided to obtain a GED or high school diploma, as well as in literacy, math, and art. Course available to acquire a Food Handler card required for employment in food services.	<b>Art:</b> Monday / 1 pm – 3 pm <b>Computer:</b> Tuesday and Thursday / 3:30 pm – 4:30 pm <b>Food Handler:</b> Monday – Friday / 11 am – 2 pm <b>GED Preparation:</b> Wednesday / 1 pm – 3 pm <b>High School Diploma Focus:</b> Friday / 1 pm – 3 pm <b>Literacy:</b> Tuesday and Thursday / 1 pm – 3 pm
<i>Fridays at 3</i>	Media is used to explore relevant issues through dialogues, activities, and journaling, in order to enhance social skills, strengthen cognitive development, and expand personal growth.	Friday / 3 pm – 4:30 pm
<b>Housing Resource Workshop</b> [Tenderloin Housing Clinic]	Monthly workshop supplies information on housing resources.	<b>Last</b> Tuesday of <b>every</b> month / 12 pm – 1:30 pm
<i>Life Skills</i>	Identifies how substance abuse was used to cope with high levels of stress and how new management tactics including financial responsibility, physical activity, good nutrition, and quality leisure time can help address stress in healthy ways.	Tuesday / 3 pm – 4:30 pm
<i>Manalive</i> [Community Works]	Three-stage domestic violence curriculum designed to explore roots of violence and provide tools necessary to stop the cycle.	Wednesday / 2 pm – 4 pm
<i>Parenting</i> [Community Works]	Therapeutic approach that incorporates discussions to enhance effective pro-social tactics for handling difficult situations.	Wednesday / 9:30 am – 11 am
<i>Recovery Class</i>	Focuses on addiction and teaches skills for the recovery process.	Wednesday / 1 pm – 2:30 pm
<i>Seeking Safety</i>	Designed for co-occurring post-traumatic stress disorder (PTSD) and substance abuse. Concentrates on coping skills to manage safety in emotions, thinking, behavior, and relationships.	Monday and Thursday / 3 pm – 4:30 pm
<i>Substance Abuse</i>	Designed for the criminal justice population. Addresses the following: addiction, recidivism prevention, criminal thinking and behavior, moral responsibility, social skills, and lifestyle balance.	Tuesday and Friday / 1 pm – 2:30 pm <b>NEW – Start date: 12/15/15</b>
<i>Thinking for a Change (T4C)</i>	Cognitive behavioral change model to increase awareness that thinking controls behavior. Learning skills to replace past risk thinking with new, pro-social thinking to eliminate or minimize negative consequences.	Tuesday and Friday / 10 am – 12 pm Monday and Thursday / 1 pm – 3 pm
<i>Women Rising</i>	Addresses trigger areas including relationships, the self, spirituality, and sexuality for women in recovery as well as looks into how to maintain a clean, balanced lifestyle.	Monday and Thursday / 1 pm – 2:30 pm