

# COMMUNITY ASSESSMENT AND SERVICES CENTER

## Table of Services: December 2016

SERVICE	DESCRIPTION	SCHEDULE
<b>America Works</b>	Employment readiness classes, job search assistance, referrals, direct placement, and follow-up support.	Monday – Friday / 9 am – 5 pm
<b>Anger Management</b>	Treatment model with a cognitive behavioral therapy approach that employs cognitive, communication, and relaxation skills.	Monday / 10 am – 11:30 am Tuesday / 10 am – 11:30 am
<b>Batterer Intervention Program (BIP)</b>	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
<b>Benefits Assessments</b> [Human Services Agency]	Assesses eligibility for General Assistance (GA), CalFresh, and Medi-Cal.	Tuesday – Friday / 8 am – 4:30 pm
<b>Choices and Changes</b>	Substance abuse-focused interactive journaling class that applies effective, evidence-based strategies to provide essential skills for self-change in thinking, feelings, and behaviors.	Friday / 10 am – 11:30 am
<b>Citywide</b>	Supports the recovery of the highest risk mentally ill adults with a goal to reduce their use of institutional and acute care. Includes medication assessment and management, crisis intervention, outreach, case management, and individual, group, and family therapy.	<i>Recovery From Trauma</i> : Monday / 11:30 am – 12:30 pm <i>Coping with Mental Health Challenges</i> : Wednesday / 11 am – 12 pm
<b>Department of Child Support Services (DCSS)</b>	Services pertaining to court-ordered child support.	Wednesday / 9 am – 11 am
<b>EPIC Parenting</b> [Community Works West]	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.	Monday and Wednesday / 2 pm – 4 pm
<b>Fathers Matter</b>	Based on real experiences and challenges of fathers in fragile family settings, group sessions offer practitioners a guide to working with them. Provides support, information, and motivation in life skills, parenthood, relationships, and health.	Tuesday / 1:30 pm – 3:30 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.	Please check with FKCS staff for schedule information.
<b>Fridays at 3</b>	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
<b>Life Skills</b>	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 <b>NEW – Start date: December 13</b>
<b>Manalive</b> [Community Works West]	Three-stage domestic violence curriculum designed to explore roots of violence and provide tools necessary to stop the cycle.	Wednesday / 2 pm – 4 pm
<b>Parenting</b> [Community Works West]	Therapeutic approach that incorporates discussions to enhance effective pro-social tactics for handling difficult situations.	Wednesday / 9:30 am – 11 am
<b>Raw Talk</b>	Series of programs that address overcoming barriers that clients face during post-release transition back into society.	Monday and Thursday / 11 am – 1 pm
<b>Recovery Class</b>	Focuses on addiction and teaches skills for the recovery process.	Wednesday [#1] / 1 pm – 2:30 pm Friday [#2] / 1 pm – 2:30 pm
<b>Seeking Safety</b>	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 / 1 pm – 2:30 pm
<b>Criminal Conduct &amp; Substance Abuse Treatment: Strategies for Self-Improvement &amp; Change (SSC)</b>	Designed for the criminal justice population. Addresses the following: addiction, recidivism prevention, criminal thinking and behavior, moral responsibility, social skills, and lifestyle balance.	Monday and Thursday / 10 am – 11:30 am <b>NEW – Start date: December 5</b> Tuesday and Friday / 1 pm – 2:30 pm
<b>Thinking for a Change (T4C)</b>	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.	Monday and Thursday / 1 pm – 2:30 pm Tuesday and Friday / 10 am – 11:30 am