

COMMUNITY ASSESSMENT AND SERVICES CENTER

Table of Services: June 2016

SERVICE	DESCRIPTION	SCHEDULE
America Works	Employment readiness classes, job search assistance, referrals, direct placement, and follow-up support.	Office hours: Monday – Friday / 9 am – 5 pm
Anger Management	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 NEW – Start date: June 21
Batterer Intervention Program (BIP)	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
Benefits Assessments [Human Services Agency]	Assesses eligibility for General Assistance (GA), CalFresh, and Medi-Cal.	Tuesday – Friday / 8 am – 4:30 pm
Choices and Changes	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
Citywide	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
CODA Meeting	Program of recovery from codependency for men and women whose common purpose is to develop healthy relationships. The only requirement is a desire for healthy and loving relationships.	Wednesday / 12 pm – 1 pm
Department of Child Support Services (DCSS)	Services pertaining to court-ordered child support.	Thursday / 11:30 am – 1:30 pm
EPIC Parenting [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.	Monday and Wednesday / 2 pm – 4 pm
Fathers Matter	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
Five Keys Charter School	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.
Fridays at 3	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
Housing Resource Workshop [Tenderloin Housing Clinic]	Monthly workshop supplies information on housing resources.	Last Tuesday of every month / 12 pm – 1:30 pm
Life Skills	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
Manalive [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
Parenting [Community Works]	Therapeutic approach that incorporates discussions to enhance effective pro-social tactics for handling difficult situations.	Wednesday / 9:30 am – 11 am
Raw Talk	Series of programs that address overcoming barriers that clients face during post-release transition back into society.	Monday and Thursday / 11 am – 1 pm
Recovery Class	Focuses on addiction and teaches skills for the recovery process.	Wednesday / 1 pm – 2:30 pm
Seeking Safety	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
Criminal Conduct & Substance Abuse Treatment: Strategies for Self-Improvement & Change (SSC)	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 Tuesday and Friday / 1 pm – 2:30 pm
Thinking for a Change (T4C)	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 – 3 pm Tuesday and Friday / 10 am – 12 pm NEW – Start date: June 28
Women Rising	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