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MAY 2024

PROGRAMS & SERVICES

Come Visit Us at Trans:Thrive

Location: 1460 Pine St (btwn Polk & Larkin)
 San Francisco, CA 94109
Reception Phone: (415) 292-3415
Email: transserviceteam@sfcommunityhealth.org
Website: sfcommunityhealth.org

STAY UP TO DATE! FOLLOW US ON:



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@stahr_hap

WHAT'S NEW AT 1460 PINE ST?



A SAFER SATURDAY
 SUPPORT GROUP
 FOR TRANS/NB/GNC

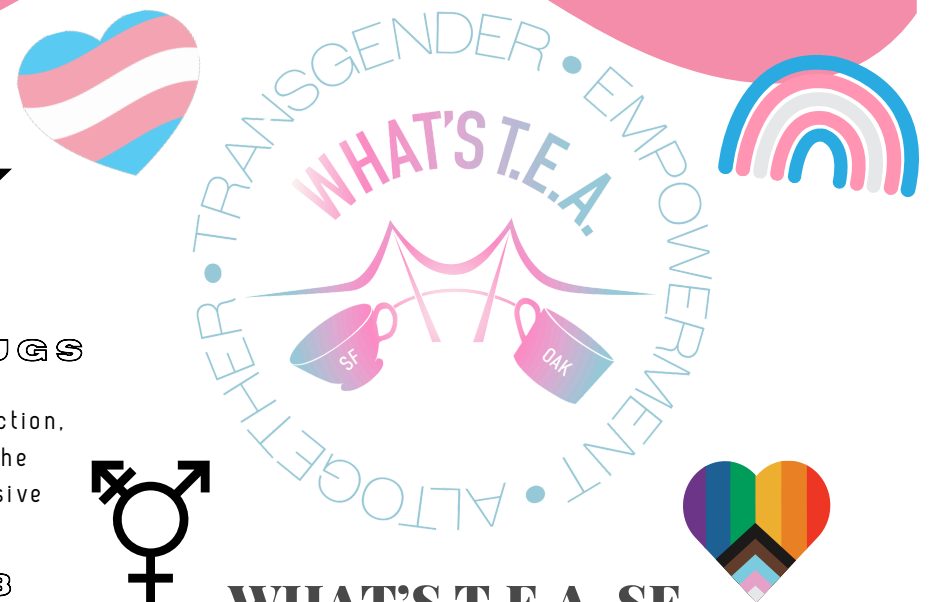
PEOPLE WHO USE DRUGS

Building community on the values of harm reduction, we will discuss the challenges we face and the strategies we take as trans and gender expansive people who use substances.

SATURDAY, MAY 18
11AM - 1PM

1460 PINE STREET
BRUNCH WILL BE SERVED

For questions ask Charlotte:
 415.470.1628



For Trans people of color 13-34yo

WHAT'S T.E.A. SF

Wednesday and Friday
 4:30pm - 6:30pm
 1460 Pine Street
 Contact Us!
 415-916-0493



Incentivized testing for HEP-C and HIV

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>RAPID HIV & HEP-C TESTING MONDAY - FRIDAY 2-5PM SIGN-UP AT 1460 PINE ST.</p>			1 Drop-In 2-4:30pm HarmLess 3:30-4:30pm Transformative Mindfulness 3:30-4:30pm What's TEA?! 4:30-6:30pm	2 Drop-In 2-4:30pm Trans-Scribe 5-6:30pm	3 Drop-In 2-4:30pm Folx Who Feast & Karaoke 3-4:30pm What's TEA?! 4:30-6:30pm	4 Saturday Night Live! Talent Show: 4:30-7:30pm
5 CLOSED	6 Drop-In 2-4:30pm Trans Meditation 3-4:30pm	7 Drop-In 2-4:30pm Drop-In Counseling 2-4pm Bravo Martes! 3:30-4:30pm Trans-Masc Group 6-7:30pm	8 Drop-In 2-4:30pm HarmLess 3:30-4:30pm Transformative Mindfulness 3:30-4:30pm What's TEA?! 4:30-6:30pm Asian Trans Empowerment 5-7pm	9 Drop-In 2-4:30pm SHE Boutique 2-4:30pm TM4M Nights 6:30-10pm @ Eros	10 Drop-In 2-4:30pm Folx Who Feast & Karaoke 3-4:30pm What's TEA?! 4:30-6:30pm	11 CLOSED
12 CLOSED	13 Drop-In 2-4:30pm Trans Meditation 3-4:30pm	14 Drop-In 2-4:30pm Drop-In Counseling 2-4pm Bravo Martes! 3:30-4:30pm 50 + Fabulous 5-6:30pm Trans-Masc Group 6-7:30pm	15 Drop-In 2-4:30pm HarmLess 3:30-4:30pm Transformative Mindfulness 3:30-4:30pm What's TEA?! 4:30-6:30pm Neurodivergent TGNC Group 5:30-7pm	16 Drop-In 2-4:30pm Trans-Scribe 5-6:30pm	17 Drop-In 2-4:30pm Folx Who Feast & Karaoke 3-4:30pm What's TEA?! 4:30-6:30pm	18 Safer Saturday: 11am-1pm TGNC Harm Reduction Support Group
19 CLOSED	20 Drop-In 2-4:30pm Trans Meditation 3-4:30pm	21 Drop-In 2-4:30pm Drop-In Counseling 2-4pm Bravo Martes! 3:30-4:30pm Trans-Masc Group 6-7:30pm	22 Drop-In 2-4:30pm HarmLess 3:30-4:30pm Transformative Mindfulness 3:30-4:30pm What's TEA?! 4:30-6:30pm Asian Trans Empowerment 5-7pm	23 Drop-In 2-4:30pm Folk 'N' Swagger 4:30-6pm TM4M Nights 6:30-10pm @ Eros	24 Drop-In 2-4:30pm Folx Who Feast & Karaoke 3-4:30pm What's TEA?! 4:30-6:30pm	25 CLOSED
26 CLOSED	27 CLOSED for the Memorial Day Holiday!	28 Drop-In 2-4:30pm Drop-In Counseling 2-4pm Bravo Martes! 3:30-4:30pm 50 + Fabulous 5-6:30pm Trans-Masc Group 6-7:30pm	29 Drop-In 2-4:30pm HarmLess 3:30-4:30pm Transformative Mindfulness 3:30-4:30pm What's TEA?! 4:30-6:30pm	30 Drop-In 2-4:30pm	31 Drop-In 2-4:30pm Folx Who Feast & Karaoke 3-4:30pm What's TEA?! 4:30-6:30pm	

TRANSFORMATIVE MINDFULNESS:

This group introduces participants to mindfulness practices from a gender-affirming, trauma-informed perspective and takes place **during Drop-In every Wednesday**. In addition to learning and practicing mindfulness skills, participants have the opportunity to check-in about how they're doing and offer support to one another.

TRANS-MASC SUPPORT GROUP:

This is an inclusive social support group for all trans-masculine and non-binary individuals. Topics covered are ever-changing and cover a wide range of topics from navigating trans healthcare, exploring hobbies, and peer-to-peer skill shares. This meeting is hybrid **every Tuesday, held in-person at 1460 Pine St and online**. Zoom ID: 319 905 337

TRANS-SCRIBE:

This is an inclusive evening of writing, poetry, and spoken word with other trans and non-binary community members. This is a space of honesty and vulnerability as all will be encouraged to share their poems and spoken words in a brave space with others **every 1st/3rd Thursday** of the month at Trans:Thrive!

WHAT'S TEA?! DROP-IN:

This is a space for BIPOC youth (ages 13-34yo) providing empowerment through community building, education, and collaboration **each Wednesday and Friday from 4:30-6:30pm** at Trans:Thrive. Join us in collaboration with CalPEP and get excited to learn about sexual health and develop support through free testing, fun events, and targeted programming aimed at uplifting young trans people of color.



50 + FABULOUS:

An after-hours support group for trans and non-binary folks 50 years and older. This is a group done in collaboration with OpenhouseSF LGBT Senior Center, and the group takes place in-person at Trans:Thrive **every 2nd/4th Tuesday**.

A.T.E. (ASIAN TRANS EMPOWERMENT):

An inclusive support group for Asian and Pacific Islander trans women. This meeting is in collaboration with the Lotus Project and takes place **every 2nd/4th Wednesday now at 1460 Pine Street from 5-7pm**.

BRAVO MARTES!:

Come join us at Trans:Thrive **every Tuesday during Drop-In** for an afternoon of loteria and bingo. This is a chance to win some cool prizes and also put your Spanish to practice with other community members.

FOLK 'N' SWAGGER:

Join us **every 4th Thursday from 4:30-6pm** for an exquisite shopping experience for trans masculine folks, by trans masc folks. This is the perfect place to pick up some new digs, meet friends, and learn more about what's out there in community.

FOLX WHO FEAST & KARAOKE!:

In memory of "Ladies Who Lunch" created by longtime volunteer Jimmy, Trans:Thrive staff whip up a homemade meal **each Friday afternoon for Drop-In** and all are welcome to join in the feasting. After lunch, come belt your heart out and sing your best karaoke tunes with one another.

HARMLESS:

Come join us **every Wednesday during Drop-In from 3:30-4:30pm** for a "harmless" discussion group centering people who use substances. We will discuss the challenges we face and the strategies we take as trans and gender-expansive people who use substances.

NEURODIVERGENT TGNC GROUP:

Come join this group **every 3rd Wednesday evening** at Trans:Thrive in a calm and comfortable space for neurodivergent trans and gender non-conforming community members

SAFER SATURDAY - SUPPORT GROUP FOR TGNC PEOPLE WHO USE DRUGS:

Support group centered on building community on the values of harm reduction **every third Saturday from 11am-1pm**. This group will alternate topics each session and is a safe space to all.

SATURDAY NIGHT LIVE! TALENT SHOW

Come join us for a talent show evening at 1460 Pine Street **every first Saturday of the month** for a night filled with live music, poetry, performances, and a lovely meal among other transgender and gender non-conforming community members! Sign-ups will take place before the show and grand prize will be announced at the end of the evening.

SHE BOUTIQUE:

Join us on the **2nd Thursday at Trans:Thrive from 2-4:30pm** for an extravagant shopping experience created by trans women for trans women! This is an exciting place to pick up a few clothing items and accessories and meet friends!

TRANS MEDITATION GROUP:

Start the week off at Trans:Thrive **every Monday from 3-4:30pm** for a 1-hour guided meditation and discussion on goal setting. Attendees are encouraged to wear comfortable clothes and yoga mats are accepted. This group is presented by the Trans Pilot Program in collaboration with the SF Department of Public Health (SFDPH).