

# WHO IS THE TRANS SERVICES TEAM?

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# March 2024 PROGRAMS & SERVICES

## Come Visit Us at Trans:Thrive

**Location:** 1460 Pine St (btwn Polk & Larkin)  
 San Francisco, CA 94109

**Office Phone:** (415) 292-3415

**Email:** transservicesteam@sfccommunityhealth.org

**Website:** sfccommunityhealth.org

STAY UP TO DATE! FOLLOW US ON:



@sfccommunityhealth  
 @trans\_thrive  
 @whatstea\_sfchc

# WHAT'S NEW AT 1460 PINE ST?

**Spring Jewel Box 2024**

Food, Karaoke, Raffle, and more!

Vaccinations and STI Testing!

Jewelry Making Workshop!

Free Massage!

trans thrive

GHS&P GENDER HEALTH SERVICES PRESENT

*You're Invited to*  
 a celebration of our transgender and gender expansive creative, collective, joy and healing!  
 For and by our community to let our gems and jewels  
**SHINE!**

March 21st, 2024  
 1-5pm  
 @Trans Thrive  
 1460 Pine St, SF, CA

**MARCH 2ND**  
**SATURDAY NIGHT TALENT SHOW**

DOORS OPEN AT 4:30 PM  
 SHOW BEGINS AT 5:30 PM  
 SHOW ENDS AT 7:30 PM

1460 Pine St  
 (between Polk & Larkin)

Food, Drinks, Music, Prizes,  
 HIV/HEP C testing (\$20 Incentive)

Grand Prize \$100

*This event is specifically designed for individuals who identify as transgender or gender non-conforming, aiming primarily to foster a sense of community and enjoyment.*

contact Sage for more information:  
 415) 914-3773



SAN FRANCISCO  
COMMUNITY  
HEALTH CENTER



# MARCH 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> Drop-In HarmLess Folx Who Feast & Karaoke What's TEA?! 2-4:30pm 2-3pm 3-4:30pm 4:30-6:30pm
<b>3</b> CLOSED	<b>4</b> Drop-In 2-4:30pm	<b>5</b> Drop-In 2-4:30pm Drop-In Counseling 2-4pm Bravo Martes! 3:30-4:30pm Trans-Masc Group 6-7:30pm	<b>6</b> Drop-In Transformative Mindfulness What's TEA?! 2-4:30pm 3:30-4:30pm 4:30-6:30pm	<b>7</b> Drop-In Seeking Safety Trans-Scribe 2-4:30pm 3-4:30pm 5-6:30pm	<b>8</b> Drop-In HarmLess Folx Who Feast & Karaoke What's TEA?! 2-4:30pm 2-3pm 3-4:30pm 4:30-6:30pm	<b>9</b> CLOSED
<b>10</b> CLOSED	<b>11</b> Drop-In 2-4:30pm	<b>12</b> 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	<b>13</b> Drop-In Transformative Mindfulness What's TEA?! Asian Trans Empowerment 2-4:30pm 3:30-4:30pm 4:30-6:30pm 5-7pm	<b>14</b> Drop-In SHE Boutique Seeking Safety TM4M Nights @ Eros 2-4:30pm <b>2-4:30pm</b> 3-4:30pm 6:30-10pm	<b>15</b> Drop-In HarmLess Folx Who Feast & Karaoke What's TEA?! 2-4:30pm 2-3pm 3-4:30pm 4:30-6:30pm	<b>16</b> Safer Saturday: 11am-1pm TGNC Harm Reduction Support Group
<b>17</b> CLOSED	<b>18</b> Drop-In 2-4:30pm	<b>19</b> Drop-In 2-4:30pm Drop-In Counseling 2-4pm Bravo Martes! 3:30-4:30pm Trans-Masc Group 6-7:30pm	<b>20</b> Drop-In Transformative Mindfulness What's TEA?! Neurodivergent TGNC Group 2-4:30pm 3:30-4:30pm 4:30-6:30pm 5:30-7pm	<b>21</b> Jewelry Box Health Fair Seeking Safety Trans-Scribe 1-5pm 3-4:30pm 5-6:30pm	<b>22</b> Drop-In HarmLess Folx Who Feast & Karaoke What's TEA?! 2-4:30pm 2-3pm 3-4:30pm 4:30-6:30pm	<b>23</b> CLOSED
<b>24</b> CLOSED	<b>25</b> Drop-In 2-4:30pm	<b>26</b> 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	<b>27</b> Drop-In Transformative Mindfulness What's TEA?! Asian Trans Empowerment 2-4:30pm 3:30-4:30pm 4:30-6:30pm 5-7pm	<b>28</b> Drop-In Seeking Safety Folk 'N' Swagger TM4M Nights @ Eros 2-4:30pm 3-4:30pm <b>4:30-6pm</b> 6:30-10pm	<b>29</b> Drop-In HarmLess Folx Who Feast & Karaoke What's TEA?! 2-4:30pm 2-3pm 3-4:30pm 4:30-6:30pm	<b>30</b> CLOSED
<b>31</b> CLOSED Happy TDOV!						

### 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 Friday during Drop-In from 2-3pm** for a "harm-less" 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.

### SEEKING SAFETY:

Join us for a 10-week long weekly group to support trans/GNC people affected by trauma and substance use **every Thursday afternoon at Trans:Thrive**. This group will teach coping and grounding skills that move participants towards safety. Please reach out to Ky if you're interested in joining.

### 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!