

To join any of the virtual groups below, please [register by clicking here](#) and we will provide you with your ZOOM meeting link. *You only need to complete this form once!*



If you're using a smartphone, you may be asked to download the Zoom app. Follow the instructions on the screen to install. If you have any questions feel free to contact Stephen Leader [stephenleader@ramsinc.org](mailto:stephenleader@ramsinc.org). **We look forward to seeing you!**

Mondays  
1:00 pm - 2:00 pm

**Creative Arts**  
**Facilitators: Cal & Gloria**

*We want to offer a creative space where you can create and collect items and ideas that you're grateful for.*



Tuesdays  
11:00 am - 12:00 pm

**Dual Recovery Group**  
**Facilitators: Roland & Mark D.**

*Open to anyone who lives with a mental health condition and/or substance use issues, this group will focus on topics related to wellness and recovery, such as: setting healthy boundaries, managing stress and conflict, connecting with a support network, and building motivation to make changes that YOU would like to make!*  
*\*first 12 people will be admitted*



1st Tuesdays  
1:00 pm - 2:30 pm  
*Starting August 4!*

**BHS BINGO!!!**  
**Facilitators: Melanie, April, and Wei**

*Join us to take part in the excitement, laugh, and possibly win a prize as you play bingo at home. Call **415-579-3021 x 107** to make an appointment to pick up your Bingo Cards from PWC*



Wednesdays  
10:30 am - 11:30 am

**Mindfulness Wellbeing Group**  
**Facilitators: Mike D. & Mark O.**

*Join us for guided meditation and discussion about bringing mindfulness skills to our lives.*  
*\*first 25 people will be admitted*

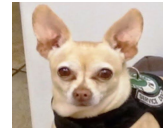


Wednesdays  
2:30 pm - 3:30 pm

### Animal Assisted Therapy

**Facilitators: Chica, Peter, and Melanie**

*In association with the SF-SPCA, Animal Assisted Therapy Virtual Visits to facilitate communication, healing, and motivation by sharing the love of companion animals and staying connected.*



Thursdays  
10:30 am - 11:30 am

### Writing for Wellness

**Facilitators: Christian & Cal**

*Join us in learning how to trust your voice and connect to your experience through writing. You'll have the opportunity to encounter inspirational poetry and art, write short pieces, and share your writing.*

*\*first 5 people will be admitted*



Thursdays  
1:00 pm - 2:00 pm

### Women's Group

**Facilitators: Melanie & Tina**

*A safe and confidential group for women to share what is going on in their lives. We'll talk about the many issues that we experience and manage. Come join us!*



Fridays  
1:00 pm - 2:00 pm  
*Starting July 24!*

### Men's Group

**Facilitators: Mark O., Jon & Wei**

*What does society expect of us as men? How can we contribute? Join us for open and honest discussions in an atmosphere of trust and community.*



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**We hope you can join us!**