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. We look forward to seeing you!

**Mondays 11:00 am - 12:00 pm**

**Dual Recovery Group**
**Facilitators: Mark D. & Leslie**
If you’re looking for a safe place to:
- Identify wellness tools
- Find emotional support
- Talk about mental health and substance use issues
- Explore wellness and recovery
Come join us!
*first 12 people will be admitted
Click here to join the Zoom meeting!
Meeting ID: 963 6845 5273 Password: 340412

**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.
Click here to join the Zoom meeting!
Meeting ID: 977 8325 3136 Password: 019877

*Promotion of virtual groups are for peers and clients connected to S.F. Behavioral Health Services*
RAMS PEER WELLNESS CENTER

Virtual groups open to San Francisco Behavioral Health Community members

Tuesdays
11:00 am - 12:00 pm

**Dual Recovery Group**
**Facilitators: Steve & Leslie**
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

Click here to join the Zoom meeting!
Meeting ID: 910 8250 9221 Password: 155702

1st Tuesdays
1:00 pm - 2:30 pm

**BHS BINGO!!!**
**Facilitators: Stephen, Melanie & April**
Join us to take part in the excitement, laugh, and possibly win a prize as you play bingo at home. We will supply you with Virtual Bingo Cards!

Click here to join the Zoom meeting!
Meeting ID: 964 0877 1258 Password: 875346

Wednesdays
10:30 am - 11:30 am

**Mindfulness Wellbeing Group**
**Facilitators: Christian & Mark O.**
Join us for guided meditation and discussion about bringing mindfulness skills to our lives.
*first 25 people will be admitted

Click here to join the Zoom meeting!
Meeting ID: 980 6889 1326 Password: 015403

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 facilitate communication, healing, and motivation by sharing the love of companion animals and staying connected.

Click here to join the Zoom meeting!
Meeting ID: 974 7384 7959 Password: 826494

*Promotion of virtual groups are for peers and clients connected to S.F. Behavioral Health Services*
RAMS PEER WELLNESS CENTER

Virtual groups open to San Francisco Behavioral Health Community members

**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*  
[Click here to join the Zoom meeting!](#)  
**Meeting ID:** 983 0646 1030 **Password:** 274723

**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!  
[Click here to join the Zoom meeting!](#)  
**Meeting ID:** 983 0327 5178 **Password:** 297262

**Avanzando Juntos**  
*Facilitators: Gloria & Nancy*  
Join fellow Spanish-speakers to come together to find our voices in unity.  
Vengamos juntos para encontrar nuestra voz en unidad  
[Haga clic aquí para unirse a la reunión de Zoom!](#)  
**ID de reunión:** 915 4635 7323 **Contraseña:** 337819

**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.  
[Click here to join the Zoom meeting!](#)  
**Meeting ID:** 957 0624 7116 **Password:** 011120

*Promotion of virtual groups are for peers and clients connected to S.F. Behavioral Health Services*
**RAMS PEER WELLNESS CENTER**

Virtual groups open to San Francisco Behavioral Health Community members

**Cantonese Support Group 廣東話互助小組**
*Facilitators: April & Tony*

**Coming together is a beginning**
**Keeping together is progress.**

共同努力達致最終的成功

单击此处加入Zoom会议

会议编号: 935 3985 9031 密码: 179657

**Fridays**
1:00 pm - 2:00 pm

每週星期五
下午1點至2點

**Black Minds Matter**
*Facilitators: Melanie, Moinnette & Toni, Co-facilitated by Gail*

Meditation Live Guides: *Stephen, Christian*

Join our Black-African American Community to unite voices and our lived experiences by focusing on sharing, mindfulness and meditation. Discover: A PLACE … A SPACE … TO JUST BREATHE.

*All are welcome!*

**Click here to join the Zoom meeting!**

**Meeting ID:** 940 9266 4332 **Password:** 538520

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