

Asian Specific Social Services

Caregiver Support – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Cantonese Dementia Care Partner Support Group</p> <p>Alzheimer’s Association Northern California Chapter</p> <p>For updated Support Group schedule: http://www.alznorcal.org/CalendarSearch.htm</p>	<p>Saturdays 1-2:30</p> <p>415.677.2473 Contact: Xiaorong Ou</p> <p>http://www.alznorcal.org/CalendarSearch.htm</p> <p>Chinese Community Health Resource Center 728 Pacific Ave., Suite 115</p>
<p>Family Caregiver Alliance - National Center on Caregiving</p> <p>Languages: English, Spanish, Chinese (written and check for spoken – Cantonese and Mandarin)</p> <ul style="list-style-type: none"> • Working with families caring for someone with an adult-onset brain impairment such as Alzheimer's disease, stroke, Parkinson's, MS, ALS, Huntington's disease, TBI, AIDS dementia and brain tumor, regardless of the care recipient's age • Caregiver Education • Counseling • Legal Consultation • Respite • Assisting family caregivers of adults 60 years old or above, regardless of caregiver income-level or loved one's diagnosis 	<p>National: https://www.caregiver.org/</p> <p>San Francisco: https://caregiver.org/sf-bay-area-services</p> <p>Planning for Incapacity: (English and Chinese) https://caregiver.org/legal-planning-incapacity</p> <p>Variety of forms in Chinese available to download</p>
<p>Institute on Aging</p> <p>Languages: Cantonese</p> <ul style="list-style-type: none"> • Sliding scale • Call to find out which insurances are accepted • Therapy at home or in office • Depression, Anxiety, Stress, Trauma, Grief, Sleep problems, Caregiving Support • Pain management 	<p>415-750-4111</p> <p>3575 Geary Boulevard</p> <p>http://www.ioaging.org/services-for-elders-and-caregivers/psychological-services</p>

<p>Institute on Aging Friendship Phone Line</p> <ul style="list-style-type: none"> • 24 hour crisis counseling and medication reminder service • For languages other than English call ahead and someone who speaks the 2nd language will call them back later in the week • No cost 	<p>415-752-3778 1-800-971-0016</p> <p>3575 Geary Boulevard</p> <p>http://www.ioaging.org/collaborations-elder-protection/center-for-elderly-suicide-prevention</p>
<p>National Alliance for the Mentally Ill San Francisco Chapter (NAMI)</p> <p>Languages: Spanish, Cantonese</p> <ul style="list-style-type: none"> • Family to Family education and support groups. • Groups available in English, Spanish • Call to confirm time and location 	<p>415-474-7310</p> <p>http://www.namif.org</p> <p>Support Groups (English, Cantonese and Spanish)</p> <p>http://www.namif.org/resources-131/support-groups.html</p> <p>Family to Family Group</p> <p>http://www.namif.org/programs-137/family-to-family.html</p>
<p>Self Help for the Elderly</p> <p>Language: Cantonese and Mandarin</p> <ul style="list-style-type: none"> • Self-Help for the Elderly’s Caregiver Support Services is a social service program for the providers and caregivers of the patient • Resources to community programs such as support groups for themselves, and day care and home care for their loved one • Some of the planning workshops include topics such as understanding dementia behaviors, stress management, care planning, and practical caregiving • Help with long-term planning, provides counseling services, and helps with applying for assistive devices • If elders suffer from Alzheimer’s disease or dementia, there are specific resources offered to receive specialized care treatments • Our goals are to improve physical and mental health and reduce burden, stress, and depression for caregivers 	<p>415-677-7600</p> <p>731 Sansome Street #100 San Francisco</p> <p>Caregiver Support</p> <p>http://www.selfhelpelderly.org/our-services/social-services/caregiver-support-services</p>

Domestic Violence – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>APA Family Support Services (Formerly Asian Perinatal Advocates)</p> <p>Languages: Cambodian, Cantonese, Japanese, Korean, Lao, Mandarin, Tagalog, Spanish, Thai, Vietnamese</p> <ul style="list-style-type: none"> • Support services for Asian families to prevent child abuse & domestic violence • Parenting & health education • Support groups, kinship support, referrals, home visits, case management • Assessment, counseling, individual & group therapy • Parental stress hotline • Employment program 	<p>415- 617-0061 10 Nottingham Place</p> <p><u>Visitacion Valley Strong Families</u> 50 Raymond Street (between San Bruno & Alpha) 415-578-9310</p> <p><u>Satellite locations</u> 1099 Sunnydale 1704 Sunnydale 459 Vienna 1337 Evans</p> <p>M-F 8:30am-5pm</p> <p>http://www.apafss.org/</p>
<p>Asian Women's Shelter</p> <p>Languages: Nearly all Asian Languages</p> <ul style="list-style-type: none"> • Shelter Program • Language Access • Crisis Line • Case Management • Queer Asian Women & Transgender Support • Anti-Trafficking Program 	<p>Business Line: (415) 751-7110</p> <p>24-Hour Crisis Line: 1-877-751-0880</p> <p>3543 18th Street # 19</p> <p>http://www.sfaws.org</p>
<p>Babae Healthy Relationships Program</p> <p>Languages: Tagalog</p> <ul style="list-style-type: none"> • Addresses issues of domestic violence affecting Filipina women and girls in San Francisco through community outreach, partnerships, and campaigns • Provides Healthy Relationships workshops for youth and students from elementary school to college and empowers young Filipino women and girls through the Diwata Young Women's group, a space for activities, mentorship, and leadership building 	<p>Filipino Community Center 4681 Mission Street</p> <p>415-333-6267</p> <p>Monday through Friday 10am - 6pm</p> <p>http://filipinocc.org/programsandservices/babaeprogram/</p>
<p>Brennan House (Riley Center of St. Vincent de Paul)</p> <p>Languages: Cantonese, English, Mandarin, Spanish; other languages may be available.</p>	<p>415-255-2894 Monday through Friday 10am - 5pm</p> <p>http://svdp-sf.org/what-we-do/riley-center/</p>

<ul style="list-style-type: none"> • 18 months of transitional housing – 31 beds • For female survivors of domestic violence & their children. Residency includes counseling, support groups, & advocacy • Sliding scale based on income; Free if no income 	<p>Riley Center Community Office Drop-in Hours Mondays and Thursdays 9:00am to 12:00pm and 1:30pm to 4:00pm</p> <p>1175 Howard Street 415-552-2943 24-Hour: 415-255-0165</p>
<p>Cameron House Social Services</p> <p>Languages: Cantonese, Mandarin, Vietnamese</p> <ul style="list-style-type: none"> • Domestic Violence Case Management provided to women and children. Services include case management, counseling, advocacy, resources, and referrals • Free to low-cost professional counseling services at Cameron House for low-income adults, adolescents and children • Address spousal, family and other relationship problems, the impact of domestic violence, emotional issues, acculturation challenges 	<p>415-781-0401</p> <p>920 Sacramento Street</p> <p>http://www.cameronhouse.org/socialServices/counseling.html</p>
<p>Cantonese Women’s Support Group</p> <p>Languages: Cantonese</p> <ul style="list-style-type: none"> • Support group meetings generate emotional support, friendship, and networking opportunities. Tailored to the needs of Cantonese-speaking women who are domestic violence survivors • Members are also welcome to bring their children. Cameron House provides coordinated and supervised activities for their children while the women meet 	<p>415-781-0401</p> <p>920 Sacramento Street</p> <p>http://www.cameronhouse.org/socialServices/counseling.html</p>

Food Pantry Resources – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>San Francisco Food Bank</p> <p>To sign up for the program:</p> <p>Proof of income: ALL income(s) must be provided for everyone 18 years or older in your household. For Example:</p> <ul style="list-style-type: none"> • Supplemental Security Income statement • Social Security statement • Paycheck Stub • Bank statement (if direct deposit) <p>Proof of identity (one of the following):</p> <ul style="list-style-type: none"> • CA Driver's license • California I.D. card • Passport • Other official government picture I.D. • Proof of residency in SF • Bring to Pantry associated with Zip Code 	<p>http://www.sfmfoodbank.org/</p> <p>415-282-1900 main office Or dial #211 for list of pantries http://www.freeprintshop.org/download/pantry_english.pdf</p> <p>PDF in CHINESE – PRINT FOR PATIENT http://www.sfmfoodbank.org/sites/default/files/documents/GetFood/sfp_info_flyer_-_chinese.pdf</p> <p>PDF in ENGLISH – PRINT FOR PATIENT http://www.sfmfoodbank.org/sites/default/files/documents/GetFood/sfp_info_flyer.pdf</p>
<p>Cameron House – Chinatown Food Pantry</p> <p>Languages: Cantonese and Mandarin</p> <ul style="list-style-type: none"> • Cameron House is a food distribution site for families in need of food assistance in the Chinatown area. • Groceries are distributed under The Emergency Food Assistance Program of SF-Marin Food Bank. Bring a valid photo identification card and ask pantry coordinator about enrollment. Applicants may be placed onto the wait list. • Food Pantry operates Thursdays 1 - 2:45pm 	<p>Cameron House</p> <p>415-781-0401</p> <p>920 Sacramento Street</p> <p>http://www.cameronhouse.org</p>
<p>CalFresh (food stamps)</p> <p>Language: English, Cantonese and Mandarin</p> <ul style="list-style-type: none"> • partnership between the SF Department of Human Services' CalFresh Program and Cameron House. An eligibility worker is stationed at Cameron House on the 2nd and 4th Thursday of each month • 2nd and 4th Thursdays of every month. (Call beforehand for an appointment.) 	<p>Cameron House</p> <p>415-781-0401</p> <p>920 Sacramento Street</p> <p>http://www.cameronhouse.org</p> <p>Scheduled appointments must be made. Call (415) 558-4151</p>

Senior Lunch Programs – Asian Specific

Call program to check hours and if a small payment is required (\$2.)

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Senior Lunch - Jackie Chan Senior Center SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Monday through Saturday (no Sunday) • 11:30 am-12:30 pm; 10:30 am-12 noon • Chinese lunch; Sat: Chinese Brunch 	<p>415-677-7571</p> <p>5757 Geary Blvd. (at 22nd Avenue)</p>
<p>Senior Lunch - Manilatown Senior Center SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Monday through Friday 11:30 am - 12:30 pm • Chinese lunch 	<p>415-398-3250</p> <p>848 Kearny Street, 3rd Floor (at Jackson Street)</p>
<p>Senior Lunch - On Low Wui Senior Center/ Geen Mun Senior Center SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Monday through Saturday (no Sunday) • Lunch 12 -1:00 pm Dinner 4:15-5:15 pm • Chinese lunch & dinner 	<p>415-391-3843</p> <p>777 Stockton Street (at Sacramento Street)</p>
<p>Senior Lunch - Lady Shaw Senior Center SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Monday through Friday 12- 1 • Chinese lunch 	<p>415-677-7581</p> <p>1483 Mason Street (at Broadway)</p>
<p>Senior Lunch - South Sunset Senior Center SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Monday through Friday 11:45 am- 12:45 pm • Chinese lunch 	<p>415-566-2845</p> <p>2601 - 40th Avenue (at Vicente)</p>
<p>Senior Lunch - Hamilton Senior Center SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Wednesdays Only 11:30 am-12:30 pm • Japanese lunch 	<p>415-292-2008</p> <p>1900 Geary Blvd. (at Pierce Street)</p>

<p>Senior Lunch – Kimochi Senior Center SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Monday through Friday 11:45 am-12:30 pm • Japanese lunch 	<p>415-931-2287</p> <p>1840 Sutter St., #101 (at Buchanan Street)</p>
<p>Senior Lunch – South East Asian Senior Meal SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • T, Th & F 12 - 1 • Chinese lunch 	<p>415-920-1357</p> <p>315 Turk St (at Leavenworth Street)</p>
<p>Senior Lunch – Woolf House SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Monday through Friday 11:30 am - 12:30 pm • Chinese lunch 	<p>415-495-0931</p> <p>801 Howard St. (at 4th Street)</p>
<p>Senior Lunch – Mendelsohn House SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Monday through Friday 11:30 am - 12:30 pm • Chinese-Filipino lunch 	<p>415-243-9018</p> <p>737 Folsom St. (at 4th Street)</p>
<p>Senior Lunch – West Portal Senior Center SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Monday through Friday 11:30 am-12:30 pm • Chinese lunch 	<p>415-677-7600</p> <p>131 Lenox Way (at Ulloa Street)</p>
<p>Senior Lunch – John King Senior Center SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • Monday through Friday 11:30 am - 12:30 pm • Chinese lunch 	<p>(415) 239-9919</p> <p>500 Raymond Ave. (at Sawyer Street)</p>
<p>Senior Lunch – Samoan Community Development Center SF Aging and Adult Services</p> <ul style="list-style-type: none"> • Age 60 + • T, W, Th 11:30 am-12:30 pm • Samoan-Hawaiian lunch 	<p>(415) 841-1086</p> <p>2055 Sunnydale Ave, #100 (at Dublin)</p>

HIV Services – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Asian & Pacific Islander Wellness Center Counseling/Psychiatric Services</p> <p>Languages: Cantonese and Mandarin</p> <ul style="list-style-type: none"> • Provides support and a safe space for clients to explore their ability to integrate their HIV/AIDS diagnosis into their lives • Provides culturally competent long and short-term psychotherapy and psychiatric evaluation and treatment monitoring • Psychiatric services are provided on-site 	<p>415-292-3420 x331</p> <p>730 Polk Street</p> <p><u>Clinic Hours:</u> Mondays: 1:30-5:30 p.m.</p> <p>http://apiwellness.org/site/</p>

Gambling – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>California Council on Problem Gambling</p> <p>Languages: English (call for additional languages)</p> <ul style="list-style-type: none"> • Online information • Phone Hotline • Text support 	<p>http://www.calpg.org/</p> <p>Need Help? Call 1-800-GAMBLER (426-2537)</p> <p>Text the word "support" to 53342</p>
<p>Gamblers Anonymous</p> <p>Languages: English & Tagalog</p> <ul style="list-style-type: none"> • 12-step support groups for recovering compulsive gamblers. 3 groups meet weekly in SF. Call or go online for meeting times & locations, peer counseling, information. 24hrs. <i>Free.</i> 	<p>www.gamblersanonymous.org</p> <p>855-222-5542</p>
<p>Problem Gambling Project</p> <p>Languages: Cantonese, and Mandarin</p> <ul style="list-style-type: none"> • Collaboration between RAMS, Inc. and NICOS Chinese Health Coalition • The program provides assessment, counseling, support groups, outreach, and educational services for problem gamblers and their family members in the Asian American communities 	<p>Problem Gambling Helpline at 1-888-968-788 (Cantonese & Mandarin)</p> <p>download an English/Chinese brochure about problem gambling:</p> <p>www.ramsinc.org/pdf/Gambling</p> <p>www.nicoschc.org.html</p>

Housing – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Gum Moon Women’s Resident (Adults only) (Asian Women's Resources Center)</p> <p>Languages: Cantonese, Mandarin and Vietnamese</p> <ul style="list-style-type: none"> • For adult women in social and geographic transition • Providing a safe sanctuary to live in and programs that develop life skills, Gum Moon empowers these individuals, fostering stability, self-reliance, self-determination, and full access to opportunity • Single: \$33.80 daily, \$136.55 weekly, \$489.95 monthly 	<p>415-788-1008</p> <p>940 Washington Street</p> <p>www.Gummoon.org</p> <p>Chinese website: http://www.gummoon.org/html/home-cn.htm</p>

Immigrant Newcomers – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Asian Women's Resources Center</p> <p>Languages: Cantonese, Mandarin and Vietnamese</p> <ul style="list-style-type: none"> • AWRC provides assistance to Newcomers by directing to the appropriate agencies to meet their needs • Youth: Summer school, tutoring, after-school, art classes, piano lessons • No waiting list. Drop In to sign up for jobs and classes 	<p>415-788-1008</p> <p>940 Washington Street</p> <p>http://www.gummoon.org/html/service.htm</p>
<p>The Chinese Newcomers Service Center (CNCS)</p> <p>Languages: Cantonese and Mandarin</p> <ul style="list-style-type: none"> • Job placement, Financial literacy, Citizenship, Immigration services, Computer classes, Form Filling • No waiting list. Drop In to sign up for jobs and classes 	<p>415-421-2111</p> <p>777 Stockton Street #104 Monday through Friday 9-4</p> <p>www.chinesenewcomers.org</p>

Legal Assistance – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Asian Pacific Islander Legal Outreach</p> <p>Languages: more than a dozen languages including Cantonese, Chiu-Chow, Hindi, Japanese, Korean, Mandarin, Punjabi, Spanish, Tagalog, Taiwanese, and Vietnamese</p> <ul style="list-style-type: none"> • Community-based, social justice organization serving the Asian and Pacific Islander, and other communities of the Greater Bay Area. With offices in Oakland and San Francisco, our work is focused in the 	<p>415-567-6255</p> <p>www.apilegaloutreach.org</p> <p>Links:</p> <ul style="list-style-type: none"> • Violence Against Women Project • Immigrant Rights Project • Combat Human Trafficking

<p>areas of violence against women/family law, immigration and immigrant rights, senior law and elder abuse prevention, the rights of those with disabilities, anti-human trafficking, youth violence prevention, affordable housing preservation and tenants' rights, and other social justice issues</p> <ul style="list-style-type: none"> • Our mission is to provide culturally competent and linguistically appropriate legal representation, social services, and advocacy for the most marginalized segments of the community including low-income women, seniors, recent immigrants, and youth 	<ul style="list-style-type: none"> • Senior Law Project • Housing Project • Low Income Taxpayer Clinic (LITC) • Disability Law Project • Other Social Justice Initiatives • Youth Advisory Council
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Lesbian, Gay, Bisexual and Transgender (LGBT) – Asian Specific	
PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Asian Pacific Islander Family Pride</p> <p>Languages: contact to find out current availability</p> <ul style="list-style-type: none"> • API Family Pride is a supportive environment for families of Asian/Pacific bisexual, gay, lesbian, and transgender people, dedicated to ending the isolation of API families with LGBT members through support, education, and dialogue. We provide one-on-one sessions with parents; connect parents with others who speak their language 	<p>510-818-0887</p> <p>Email: APIFamilyPride@aol.com</p> <p>www.apifamilypride.org</p>
<p>Asian Women's Shelter's Queer Asian Women and Transgender Support (QAWTS) Program</p> <p>Languages: contact to find out current availability</p> <ul style="list-style-type: none"> • Addresses intimate partner violence in the LGBTQ community. In addition to providing comprehensive services for queer survivors of violence, QAWTS works on innovative programs and prevention strategies • Chai Chats, which supports API LBQT community members to practice and promote healthy relationships through a 10-session cycle of community-centered training, dialogue, and skills-building. Each session focuses on concrete skills for modeling, nurturing, and promoting practices of healthy relationships. Chai Chats offers a safe space to explore the complex issues surrounding queer relationships 	<p>415-751-7110</p> <p>24-Hour Crisis Line: 1-877-751-0880</p> <p>3543 18th Street # 19</p> <p>http://www.sfaws.org/programs/direct-services/queer-asian-women--transgender-support.aspx</p>
<p>Gay Asian Pacific Alliance (GAPA)</p> <ul style="list-style-type: none"> • Gay Asian Pacific Alliance is an organization dedicated to furthering the interests of gay & bisexual Asian/Pacific Islanders by creating awareness, by developing a positive collective identity and by establishing a supportive community 	<p>No Phone</p> <p>www.gapa.org</p> <p>email: info@gapa.org</p>

<p>Trikone for LGBT of South Asian Descent</p> <p>Languages: South Asians affiliated with Trikone trace their ethnicities to one of the following places: Afghanistan, Bangladesh, Bhutan, India, Maldives, Myanmar (Burma), Nepal, Pakistan, Sri Lanka, and Tibet</p> <ul style="list-style-type: none"> • Monthly events are held. Trikone also hosts Women of Trikone events 	<p>No Phone</p> <p>www.trikone.org</p> <p>email: trikone@trikone.org</p>
<p>MAPLBN Mandarin-speaking Asian and Pacific- Islander Lesbian and Bisexual women Network</p> <p>Language: Mandarin</p> <ul style="list-style-type: none"> • Support group for Mandarin-speaking lesbian women • The 4th edition of MAPLN’s “Beloved Daughter” booklet contains 14 stories by parents and siblings of Chinese lesbians about their coming-out in both Chinese and English. Please email us at maplbn-owner@yahoogroups.com for a free copy 	<p>For more info or to get onto MAPLBN’s email list-server: send email to maplbn-owner@yahoogroups.com</p>

<p align="center">Mental Health Services – Asian Specific San Francisco Department of Public Health</p>	
<p align="center">60 years and older, <u>Medi-Cal required /Medicare (not HMO)</u> Medication Management, Psych Evals, Case Mgt, Substance Abuse Counseling</p>	
PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Cameron House Social Services</p> <p>Languages: Cantonese and Mandarin</p> <ul style="list-style-type: none"> • Free to low-cost professional counseling services at Cameron House for low-income adults, adolescents and children • Spousal, family and other relationship problems, the impact of domestic violence, emotional issues, acculturation challenges, as well as difficulties adjusting to various life changes and stressors • Cantonese Women’s Support Group • Chinese Cancer Support Group • No medication services • Food Pantry 	<p>415-781-0401</p> <p>920 Sacramento Street</p> <p>http://www.cameronhouse.org/socialservices/counseling.html</p>

<p>Chinatown North Beach Mental Health Services</p> <p>Languages: Vietnamese, Laotian, Chinese, Mandarin, Shanghainese, Hakka, Toisanese, Cambodian, Italian</p> <ul style="list-style-type: none"> • Individual therapy • Socialization program • Acupuncture • Medi-Cal only • Drop-In Services will see a person see right away (officer of the day) • Call to arrange appointment within 1 week 	<p>415-352-2000</p> <p>729 Filbert Street</p> <p>No website</p>
<p>Felton Institute (Formerly known as Family Service Agency)</p> <p>Languages: Chinese, Russian</p> <ul style="list-style-type: none"> • Senior Peer Counseling program (SPC) services are available to clients free of charge • Medi-Cal only • 7-10 days to see a counselor for initial intake 	<p>415-474-7310</p> <p>Main Office: 1500 Franklin Street 415-386-6600</p> <p>Outer Richmond: 6221 Geary Street</p> <p>http://felton.org/social-services/seniors/</p>
<p>Richmond Area Multi-Service (RAMS)</p> <p>Languages: Cantonese and Mandarin</p> <ul style="list-style-type: none"> • Medications, individual & family therapy • 1-2 weeks depends on required language 	<p>415-668-5955</p> <p>3626 Balboa Street</p> <p>www.ramsinc.org/afi.html</p>
<p>Institute on Aging Friendship Phone Line</p> <p>Languages: call ahead and someone who speaks the 2nd language will call them back later in the week</p> <ul style="list-style-type: none"> • 24 hour crisis counseling and medication reminder service • No cost 	<p>415-752-3778 1-800-971-0016 3575 Geary Boulevard</p> <p>http://www.ioaging.org/collaborations-elder-protection/center-for-elderly-suicide-prevention</p>
<p>Sunset Mental Health</p> <p>Languages: Cantonese, Mandarin, Russian, Spanish</p> <ul style="list-style-type: none"> • Medications, individual & family therapy 	<p>415-753-7400</p> <p>1990 41st Ave (Between Pacheco & Ortega)</p> <p>Mondays through Fridays 9am - 4:30pm No website</p>

<p>South of Market Mental Health Services</p> <p>Languages: English, Spanish, Tagalog</p> <ul style="list-style-type: none"> • Psychiatric medication management, counseling, clinical case management & support group • Filipino counseling team 	<p>415-836-1700</p> <p>760 Harrison (between 3rd & 4th Streets)</p> <p>No website</p>
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<p align="center">Mental Health Therapists and Online Referrals – Asian Specific (private insurance or private pay)</p>	
PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Asian Family Institute (AFI)</p> <p>Languages: Cantonese and Mandarin</p> <p>Psychotherapy:</p> <ul style="list-style-type: none"> • Emotional Difficulties: Anxiety, Stress, Depression • Relational Issues: Marital Conflicts • Addictions: Substance Use, Gambling • Cultural Stress: Immigration Adjustment, Value Conflicts, Cultural Identity • Adult Psychiatry (Psychosis, etc.) • Private Insurance or self-pay – call for insurance info 	<p>415-668-5998</p> <p>4020 Balboa Street</p> <p>http://www.ramsinc.org/afi.html</p>
<p>Institute on Aging</p> <p>Languages: Depends on which program (wide variety of languages: Cantonese, Mandarin, Spanish, Russian, etc.)</p> <ul style="list-style-type: none"> • Sliding scale, call for insurance info • Therapy at home or in office • Depression, Anxiety, Stress, Trauma, Grief • Pain management • Varies during academic year. Usually no waiting list. Services provided by supervised Graduate Student interns 	<p>415-750-4111</p> <p>3575 Geary Boulevard</p> <p>http://www.ioaging.org/services-for-elders-and-caregivers/psychological-services</p>
<p>Psychology Today – Find a Therapist Online</p> <p>Language: Filter by: Cantonese, Filipino (Tagalog, etc.) Hindi, Japanese, Korean, Mandarin, Punjabi, Vietnamese</p> <ul style="list-style-type: none"> • Also filter by: Age, Gender, Issues, Treatment Orientation, and/or Insurance • Private Insurance, Medicare or self-pay 	<p>Online Search:</p> <p>https://therapists.psychologytoday.com/rms/cities/San+Francisco-Therapists.html</p>

Oncology – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>American Cancer Society Chinese Unit</p> <p>Languages: Bengali, Chinese, Hindi, Korean, Urdu, Vietnamese</p>	<p>In Chinese www.asccu.org</p> <p>Written Material http://www.cancer.org/asianlanguagematerials</p>
<p>Chinese Cancer Support Group - Cameron House</p> <p>Languages: Cantonese and Mandarin</p> <ul style="list-style-type: none"> • The Chinese Cancer Support Group is a free and on-going program that serves cancer patients and their family members through mutual support and caring • Providing medical information, resources on health and fitness, time for sharing, and activities to assist cancer survivors as they experience treatment and recovery 	<p>415-781-0401</p> <p>920 Sacramento Street http://www.cameronhouse.org</p>
<p>Chinese Community Health Resource Center</p> <p>Languages: Chinese Publications</p> <ul style="list-style-type: none"> • Cancer Information • Nutrition Tools 	<p>415-677-2473</p> <p>http://www.cchrhealth.org/programs/cancer-information-and-services</p> <p>Cancer Education Material - English and Chinese http://www.cchrhealth.org/health/health-education-material/cancer-education</p>
<p>Vietnamese Community Health Promotion Project Suc Khoe La Vang! (Health is Gold!)</p> <p>Languages: Vietnamese</p> <p>Publications - Booklets, Brochures, Videos</p> <ul style="list-style-type: none"> • Tobacco • Breast Cancer • Cervical Cancer • Hepatitis B 	<p>http://www.suckhoelavang.org/sklvweb/en/educational_materials/index.html</p>

Senior Services – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>On Lok Lifeways</p> <p>Languages: Cantonese, Mandarin, Vietnamese, Hindi, Korean</p> <ul style="list-style-type: none"> <i>FYI: This program requires the patient to switch their PRIMARY CARE MEDICAL CARE to On Lok. If they join this program they will no longer receive Primary Care at UCSF</i> Medicare, Medi-Cal and Private Pay Healthcare, Recreation, Transportation, Assistance with tasks and activities of daily living 	<p>1-888-886-6565</p> <p>http://www.onlok.org/Who-We-Serve/FAQs</p> <p>Monday through Friday 8:30am to 4:30pm</p> <p>Chinese PDF: http://www.onlok.org/Portals/0/2014%20Participant%20Bill%20of%20Rights_CHI.pdf</p>
<p>Self-Help for the Elderly Activity Centers</p> <p>Located throughout San Francisco</p> <p>Languages: Cantonese, Mandarin</p> <ul style="list-style-type: none"> San Francisco: \$2.00 per meal Arts and crafts, Bingo game, Birthday party, Calligraphy class Chinese opera, Cooking class., ESL class, Citizenship class Exercise class (Luk Tung Kuen, Tai Chi, etc.) Field trips, Movie, Painting, Sightseeing tour Singing group, Social dancing Tablet/iPad class, Healthy cooking classes Self care workshops (stress management, skin and hair care, retirement planning, etc.) Health and nutrition workshops 	<p>Check website for addresses: http://www.selfhelpelderly.org/our-services/activity-centers/activity-center-locations</p> <p>Geen Mun Activity Center Lady Shaw Activity Center Jackie Chan Activity Center Manilatown Activity Center Mendelsohn House Activity Center South Sunset Activity Center John King Activity Center Woolf House Activity Center West Portal Center San Mateo Activity Center Cupertino Activity Center Lincoln Court Activity Center</p>
<p>Self-Help for the Elderly Services</p> <p>Languages: Cantonese, Mandarin</p> <ul style="list-style-type: none"> Homecare Hospice Therapy (physical, occupational, speech) Senior Housing Employment Social Services Immigration 	<p>415-677-7600</p> <p>731 Sansome Street, Suite 100</p> <p>Monday – Friday 9 - 6</p>
<p>SF Day Programs for Seniors (City Programs)</p> <ul style="list-style-type: none"> At these centers, seniors can learn tai chi, painting, quilting, computer literacy, and computer access, or sign up for exercise programs, social events, day trips, English as a second 	<p>http://www.sfhsa.org/131.htm</p> <p>Kimochi Senior Center 1840 Sutter Street 415-292-2008</p>

<p>language classes</p> <ul style="list-style-type: none"> • Services are free or low-cost • Many centers offer low-cost meal programs and social services referrals on-site as well • Best of all, the centers are a great way to make friends, have fun and stay connected with the community 	<p>Korean Center, Inc. 1362 Post Street 415-441-1881</p> <p>Samoan Community Development Center 2055 Sunnydale Avenue (415) 841-1086</p> <p>Vietnamese Elderly Mutual Assist. Assoc. 910 Larkin Street (415) 923-0778</p>
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Substance Abuse Recovery – Asian Specific	
PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Asian American Recovery Services - RESIDENTIAL</p> <p>Languages: Cantonese</p> <ul style="list-style-type: none"> • a comprehensive, drug-free long-term 26-bed residential drug and alcohol treatment program • individual, group and family counseling, educational seminars, recreational activities, art and drama therapy, and vocational/educational development • offers a unique focus on family, community and culturally oriented approaches as part of its therapeutic community concept • Billing: Sliding fee scale, on a financial need basis. Services may be provided at no cost 	<p>415-750-5111</p> <p>2024 Hayes Street</p> <p>http://www.aars.org/counties/san_francisco/residential/</p>
<p>Lee Woodward Counseling Center (LWCC) Asian American Recovery Services</p> <p>Languages: Mandarin, Korean and English</p> <ul style="list-style-type: none"> • comprehensive multi-cultural and multi-lingual adult women’s outpatient program that provides integrated substance abuse treatment services • recognizing that recovery is a lifelong process, our healing approaches address the physical, mental and emotional health of individuals and families • Medi-Cal and sliding scale – no one turned away 	<p>415-776-1001</p> <p>2166 Hayes Street, Suite 303</p> <p>http://www.aars.org/counties/san_francisco/lee-woodward-counseling-center/</p>
<p>Project ADAPT (Asian Drug and Alcohol Prevention and Treatment) Asian American Recovery Services</p> <p>Languages: Mandarin, Cantonese, Tagalog, Korean, Spanish</p> <ul style="list-style-type: none"> • a comprehensive multi-cultural and multi-lingual adult outpatient program that provides integrated substance abuse and mental health treatment services 	<p>415-750-5125</p> <p>2020 Hayes Street</p> <p>http://www.aars.org/counties/san_francisco/asian-drug-and-alcohol-prevention-and-treatment-project-adapt/</p>

Youth Programs – Asian Specific

PROGRAM	PHONE - ADDRESS - WEBSITE
<p>Asian Youth Prevention Services</p> <p>Languages: Tagalog</p> <ul style="list-style-type: none"> • A youth substance abuse prevention program located at several agencies throughout San Francisco • AYPS empowers youth with knowledge to make good choices and live healthy lives through community outreach, counseling & referrals, weekly group dialogues, activities/outings, interactive curriculum, and community building 	<p>Filipino Community Center 4681 Mission Street</p> <p>415-333-6267</p> <p>Monday through Friday 10am - 6pm</p> <p>http://filipinocc.org/programsandservices/asianyouthpreventionservices/</p>
<p>Chinatown Child Development Center</p> <p>Languages: Cambodian, Cantonese, Mandarin, Vietnamese</p> <ul style="list-style-type: none"> • Individual, group, & family therapy • Psychological testing for clients • Medication management • Referrals • Parent education • Only for MediCal, HealthyKids, & uninsured 	<p>720 Sacramento (at Kearny)</p> <p>415- 392-4453 0-18 years old</p> <p>Monday through Friday 8:30am-5pm</p> <p>http://www.chineseamericancf.org/organizations/chinatown-childrens-development-center/</p>
<p>Project Reconnect</p> <p>Languages: Cantonese</p> <ul style="list-style-type: none"> • Provides a safe and respectful counseling space for youth ages 12 to 21 with alcohol and/or other drugs use and those at risk. SF Residents only • Services are free of charge to youth ages 12-21 • The goals are to reduce and eliminate the impact of substance use, trauma, and difficult life circumstances on youths and improve school functioning, emotional regulation skills, and problem solving skills 	<p>415-776-1001</p> <p>2166 Hayes Street, Suite 302</p> <p>Mondays through Friday 9 am to 5 pm</p> <p>http://www.aars.org/counties/san_francisco/project-reconnect-2/</p>
<p>Vietnamese Youth Development Center</p> <p>Languages: Cambodian, Cantonese, Laotian, Vietnamese</p> <ul style="list-style-type: none"> • Youth living in the Tenderloin and throughout San Francisco. • comprehensive multi-service programming for youth ages 11 to 24 years old • Our programs include: afterschool academic support, advocacy and leadership, arts, employment services, individual case management, 	<p>415-771-2600</p> <p>166 Eddy Street (between Mason & Taylor)</p> <p>Monday - Friday 10 am to 7 pm</p> <p>http://www.vydc.org</p>

<p>life skills workshop and substance abuse prevention and education.</p> <ul style="list-style-type: none">• All our programs are free• Academic Support• Computer technology classes• Cultural, social and recreational activities• Health and Wellness• Asian Youth Prevention Services (AYPS)• Case Management• Leadership Development• Youth Employment Services – Job Preparation• Mayor’s Youth Employment and Education Program (MYEEP)• Case management; help with family conflict, culture/generation gap; leadership program; parenting support; tutoring; information & referral; job training & part-time employment assistance for youths & adults	
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