

EMERGENCY SERVICES

2023

BAY AREA WOMEN'S & CHILDREN'S CENTER
318 Leavenworth Street, San Francisco, CA 94102

www.bawcc.org

FAMILY SUPPORT (all phone #'s are 415 area code)

211/HELPLINK - (UNITED WAY) Call 211 for information on Social Services
APA FAMILY SUPPORT SERVICES – 10 Nottingham Place, 617-0061 www.apafss.org
CATHOLIC CHARITIES – 990 Eddy at Gough, 972-1200 www.catholiccharitiessf.org
COMPASS FAMILY SERVICES – 37 Grove Street, 644-0504 www.compass-sf.org
FAMILY CONNECTIONS - 2565 San Bruno Avenue - 715-6746 www.portolafc.org
GABRIEL PROJECT – support for pregnant women (800) 910-2848
www.angelforme.wordpress.com
GOOD SAMARITAN FAMILY RESOURCE CENTER - 1294 Potrero Avenue – 401-4253
www.goodsamfrc.org
INDEPENDENT LIVING RESOURCE CENTER 825 Howard Street – 543-6222 www.ilrcsf.org
PARENTS PLACE - 1710 Scott Street - 359-2454 www.parentsplaceonline.org
SALVATION ARMY – 240 Turk Street., 345-3400
REACH PROGRAM - (utilities) – 800-933-9677, 1156 Valencia St., 648-0260
SUPPORT - FAMILIES OF CHILDREN W/ DISABILITIES -1663 Mission 7th floor. 920-5040
www.supportforfamilies.org
TALK LINE, FAMILY SUPPORT CENTER - 1757 Waller St., 441-KIDS (24-hr line) www.safeandsound.org/forparents
TEENAGE PREGNANCY & PARENTING PROJECT (TAPP) - 2730 Bryant St., 2nd Fl., 282-1090 x511 www.felton.org
REAL OPTIONS - (for unplanned pregnancy) – 450 Sutter, # 1740, 627-9175 www.realoptions.net
CITY TEAM - 164 6th Street - (510)575-3638, www.cityteam.org

LEGAL

LawHelpCA.org – project of Legal Aid Assoc. of CA

BAR ASSOCIATION OF SF

Lawyer Referral Information Service
All areas of law 415-989-1616 www.sfbbar.org

BAY AREA LEGAL AID

1035 Market St/ 6th fl.
Legal Advice Line (800)551-5554 www.baylegal.org

API (Asian Pacific Islander) LEGAL

OUTREACH Domestic violence, immigration, elder abuse, human trafficking, public benefits, social justice issues and family law.
1121 Mission Street, 415-567-6255
www.apilegaloutreach.org

COOPERATIVE RESTRAINING ORDER

CLINIC 3543 18th St., 3rd Floor 415-864-1790

ACCESS SELF-HELP CENTER

400 McAllister Street (at Polk), Room 509,
415-551- 5880

Child and Spousal support, visitation, restraining orders, divorce, etc.
www.sfsuperiorcourt.org/self-help.

HUMAN RIGHTS COMMISSION

25 Van Ness Ave., Suite 800, 415-252-2500
www.sf.hrc.org

HOUSING RIGHTS COMMITTEE

Help employment and housing discrimination
1663 Mission St., #504
Main/Counseling 415-703-8634 www.hrscsf.org

ONE DEGREE

Helps low-income people and families access a variety of specified resources.
2370 Market Street
(888)799-7273 www.1degree.org

JOBS & SELF EMPLOYMENT

(EDD) EMPLOYMENT DEVELOPMENT DEPARTMENT 801 Turk St., 415-749-7503 & 3120 Mission 415-920-2440
www.edd.ca.gov

ARRIBA JUNTOS

1850 Mission St., 415-487-3240
www.arribajuntos.org

CALWORKS (DHS)

170 Otis Street 415-557-5100
www.sfhsa.org/services/jobs-money/calworks

CENTRAL CITY HOSPITALITY HOUSE

290 Turk St., 415-749-2100
SELF-HELP CENTER
146 Leavenworth St., 415-749-2143
www.hospitalityhouse.org

JEWISH VOCATIONAL SERVICE

225 Bush St., #400, West Lobby
415-391-3600 www.jvs.org

MISSION HIRING HALL

1048 Folsom Street – 415-865-2105
www.missionhiringhall.org

WORKFORCE DEVELOPMENT CTR.- HUMAN SERVICES (Training Program)

3120 Mission St. 415-401-4800

TENDERLOIN TECHNOLOGY LAB

St. Anthony Foundation
150 Golden Gate Ave., 3rd Floor
415-592-2766
www.tenderlointechnologylab.org

ONE DEGREE

Helps low-income people and families access a variety of specified resources.
2370 Market Street
(888)799-7273 www.1degree.org

ALCOHOL /SUBSTANCE ABUSE

ALCOHOLICS ANON.

415-674-1821
www.aasfmarin.org

COCAINE ANONYMOUS

415-226-1300
www.canorcal.org

EPIPHANY CENTER FOR FAMILIES IN RECOVERY

100 Masonic Ave.
415-567-8370
www.theepiphanycenter.org

NARCOTICS ANON.

415-621-8600
www.sfn.org

RELAPSE PREVENTION LINE

415-834-1144

SALVATION ARMY – HARBOR LIGHT

415-503-3000

DRUG LINE OF SF SUICIDE PREVENTION

415-362-3400

WALDEN HOUSE

815 Buena Vista, SF 94117
415-519-4185

WOMEN

DEPT. ON THE STATUS OF WOMEN - SF

25 Van Ness Ave., Ste. 240, 415-252-2570
www.sfgov.org/dosw

THE WOMEN'S BUILDING

3543 18th St.
415-431-1180 www.womensbuilding.org

GOVERNMENT AID

CWORKS

170 Otis St., 415-557-5100
www.sfhsa.org

CAL-FRESH (FOOD STAMPS)

1235 Mission St., 415-558-4700
www.mybenefitscalwin.org

CAAP – COUNTY ADULT ASSISTANCE PROGRAM (General Assistance)

1235 Mission St.#11 415-558-2227
www.sfhsa.org/424.htm

SOCIAL SECURITY ADMINISTRATION

90 7th Street, 1st Fl. annex
800-772-1213 (Toll Free)
www.socialsecurity.gov

WIC Program SF Dept. of Public Health

Women, Infants & Children (WIC)
30 Van Ness #220 415- 575-5788
www.sfdph.org/wic

AIDS / HIV

SF AIDS FOUNDATION

1035 Market 4th floor #400
415-487-3000 (office)
www.sfaf.org

SHANTI PROJECT

730 Polk St., 3rd floor & 3170 23rd Street
415-674-4700 www.shanti.org

UCSF ALLIANCE HEALTH PROJECT

1930 Market Street
Sexual Health Services Appointment Line 415-502-8378 www.ucsf-ahp.org

CHILDCARE CHILDREN & YOUTH

CHILDREN'S COUNCIL OF SF

445 Church St.
415-276-2900 (Office) 415-343-3300 (Referral Line)
www.childrencouncil.org

CHILD DEVELOPMENT PROGRAM

PRESCHOOL (SFUSD)
415-241-6085 www.sfusd.edu

COMPREHENSIVE CRISIS SERVICES

Child Crisis
3801 3rd Street, Suite 400
415-970-3800

CPS (Child Protective Services)

(800) 856-5553

LARKIN STREET YOUTH SERVICES

134 Golden Gate Avenue
(800) 669-6196
www.larkinstreetyouth.org

SF RECREATION & PARK DEPARTMENT

415-831-2700 www.sfrecpark.org

SF UNIFIED SCHOOL DISTRICT

555 Franklin Street
415-241-6000 (Gen. Info.)
415-241-6185 (community Partnership)
415-241-6085 (Educational Placement Center) www.sfusd.edu

WU YEE RESOURCE & REFERRAL LINE

888 Clay Street, Lower Level.
415-677-0100 www.wuyee.org

GLIDE'S FAMILY, YOUTH AND CHILDCARE

CENTER - 434 Ellis Street 415-674-6200
www.glide.org

HEALTH – Medical and Dental Services (all phone #'s are 415 area code)

GENERAL & SPECIAL SERVICES	M	T	W	TH	F	S	S	NOTES
ST. ANTHONY'S MEDICAL CLINIC 150 Golden Gate 241-8320 stanthonysf.org	Adults & Children – 1st come, 1st serve 8-4:30pm, except Wed. 8-12. Appt. can be made if you have been seen in the past 6 mo. Podiatrist T & Th 8-4pm					CLOSED		New adult patients must register first at the clinic before making an appointment. Fees are based on a sliding scale.
CURRY SENIOR CENTER 333 Turk Street 920-1351 - curryseneiorcenter.org	9-11am 1-3pm	9-11am 1-5pm D-In: 1-2pm	9-11am 1-5pm	9-11am 1-5pm	9-11am 1-5pm D-In:9-11am	CLOSED		Health care for seniors, 55+ years old. Accept Medi-Care, MediCal, Healthy SF and other insurance plans. No-one turned away for lack of funds. Podiatry, Pharmacist and House calls available. Offers behavioral health services, substance abuse, computer lab, support groups, and LGBTQ programming
HEALTH RIGHT 360 (formerly Haight Ashbury) 1563 Mission 746-1950 www.healthright360.org	Monday-Friday 8:00am-5:00pm					CLOSED		Serves adults (no children's serv.) without insurance. Appointments necessary except for drop-in urgent care – arrive at 8:45 or 1pm to be put on the list. Sliding scale. Free to those who qualify. Residential & gambling, detox services
HOMELESS PRENATAL PROGRAM 2500 18 th Street (at Potrero) 546-6756 www.homelessprenatal.org	9-5pm Closed 12-1	1-5pm	9-5pm Closed 12-1	9-5pm Closed 12-1	9-4pm Closed 12-1	CLOSED		Referrals to prenatal care & many other services, incl. counseling. Free pampers, baby food, formula, maternity and baby clothing when available for their clients. Housing Clinic -call for times. Registration: Tues, Wed, Thurs 9-11 & 1:30-3:30pm. Closed for drop-ins due to the pandemic.
LYON-MARTIN HEALTH SERVICES & Women's Community Clinic 1735 Mission Street 565-7667 www.lyon-martin.org	1– 5pm Closed 12-1 pm	8:30 – 5:00pm Closed 12-1pm	10:30- 7 pm Closed 2-3 pm	8:30- 5 pm Closed 3-4pm	8:30 – 5:00pm Closed 12-1 pm	CLOSED		For low-income women and transgender. Primary care, gynecology, HIV+, Mental Health. Accept sliding scale, MediCal, Medicare and Commercial Health Insurance Plans. Office visits by appt. only.
MISSION NEIGHBORHOOD HEALTH CTR 240 Shotwell Street – 552-3870 mnhc.org	M-F 8:00am-8:00pm					CLOSED		Appts necessary. Primary healthcare. Family planning, pediatrics & prenatal care. Senior & teen clinics. Free immunization for children. Podiatry and HIV. Sliding scale. MediCal, Medicare & private insurance accepted.
NATIVE AMERICAN HEALTH CNTR 160 Capp Street 417-3500 www.nativehealth.org	Medical and Dental Monday – Friday 8:45am-5pm by appointment					CLOSED		Primary & preventive care. Gen. dentistry 417-3502 , ed, HIV care & counseling. High risk youth substance abuse prog, 503-1046 . Need to have MediCal, Medicare, Healthy SF/ SF Health Plan. Priority given to Native Americans but serves the gen. public also.
PLANNED PARENTHOOD 1650 Valencia St, 821-1282 pp-sp.org	11:30am 8pm	8:30am-7pm	8:30am-5pm	8:30am 7pm	8:30am-5pm	Some Saturdays 8:30-4:30	CLOSED	Appointments necessary. Reproductive services. HIV and AIDS testing available. If low-income, may qualify for reduced fees.
SF CITY CLINIC (STD CLINIC) 356 7 th Street (at Folsom) 487-5500 sfcityclinic.org	Drop-in 8am-4pm	Drop-in 1-6, 1-3pm*	Drop-in 8am-4pm	Drop-in 1pm-4pm*	Drop-in 8am-4pm	CLOSED		*During these times special req., call for info. May close early if full. \$25, but no one refused serv. Free Condoms, Hep B vac., HIV testing & treatment. Family Planning. Pregnancy Testing, Counseling, Emergency Contraception.
SOUTH OF MARKET HEALTH CTR 229 7 th St. 503-6000 - smhcsf.org	Medical & Dental M-Th 8am-5pm, Wed. until 7pm				8am-3:30pm	Closed		Appts. preferred. Spanish & Tagalog spoken. Sliding scale. MediCal, Medicare & Ins. accepted. Dental 503-6098. Also, women's clinic, psychiatry & podiatry by referral.
TOM WADDELL HEALTH CLINIC - Urgent Care & Dental: 50 Ivy at Grove. Primaryre & Transgender Clinic: 230 Golden Gate 355-7400	Drop-in 8-6 See note	Urgent Care Drop-in 8-6	Urgent Care Drop-in 8-6	Urgent Care Drop-in 8-6	Urgent Care Drop-in 8-4:30	Urgent Care D-in 8:30-12 & 1-4:30 (CLOSED SUNDAY)	Primarily for homeless people w/ wheelchair services avail. Appts can be made ahead if you have a primary care physician, otherwise drop in for urgent care. Dental for homeless and HIV patients, call for more info. Closed every other Tuesday from 8 – 10am.	
UCSF SCHOOL OF DENTISTRY 707 Parnassus Ave. 476-1891	Dental Only General Hours, M-F 8am 12pm & 1pm– 5pm					CLOSED		Comprehensive low-cost dental services + Emergency dental care. Orthodontics: adults & children, pediatric dentistry , oral surgery & periodontal clinic.
UOP (University of the Pacific) 155 5 th St. (SOMA) 929-6501	Dental Only General Hours, M-F 9am – 5pm					CLOSED		Comprehensive dental services at a lower cost than a private dentist. New adult patient screening is free plus cost of x rays if needed (\$71). Children's dental clinic for children up to 14 years of age. Orthodontic & specialty services also.
SF Community Health Center 726 Polk St. 4 th Fl. (Ellis) 415-292-3400	9 –5pm	9 –5pm	9 –5pm	9 –5pm	9 –5pm	CLOSED		Call for an appt. For SF residents 18 & over. Will help get you ins. Drop-in for Transgender support & needle exchange Tu 2-5, Th, F, Sa 1-5pm. Many languages are spoken or phone interpreter avail.
CASTRO MISSION HEALTH CENTER 995 Potrero Ave. www.sfdph.org 934-7700	MAXINE HALL HEALTH CENTER 1181 Golden Gate Ave. www.sfdph.org 292-1300		SILVER AVE. FAMILY HEALTH CENTER 1525 Silver Ave. www.sfdph.org.657-1700 +Dental Services for Children & Pregnant Women			CHINATOWN PUBLIC Hlth Ctr 1490 Mason sfdph.org 364- 7600		OCEAN PARK HEALTH CENTER 1351 24 th Ave. www.sfdph.org 682-1900

MENTAL HEALTH RESOURCES (all phone #'s are 415 area code)

MENTAL HEALTH NON-CRISIS

SAN FRANCISCO BEHAVIORAL HEALTH ACCESS - 255-3737

SOUTH OF MARKET MENTAL HLTH Ctr. 760 Harrison St., 836-1700

TENDERLOIN MENTAL HEALTH 815 Hyde Street, 673-5700 hydestreetcs.org

CHINATOWN / NORTH BEACH MENTAL HEALTH SERVICES
729 Filbert St., 352-2000

FELTON INSTITUTE/FAMILY SERVICE AGENCY
1500 Franklin St., 474-7310 felton.org

CHINATOWN CHILD DEVELOPMENT CENTER - 720 Sacramento St., 392-4453

MENTAL HEALTH CRISIS

WESTSIDE COMMUNITY CENTER - 245 11th St, 355-0311

SUICIDE PREVENTION CRISIS LINE – 988

SUPPORT & GROUP SUPPORT

HELPLINK – 211 or 800-273-6222 211bayarea.org

SF MENTAL HEALTH ACCESS LINE 255-3737

HOMELESS - SF COALITION ON HOMELESSNESS
280 Turk Street, 2nd Floor, 346-3740 www.cohsf.org

SEXUAL / PHYSICAL ABUSE

SF WOMEN AGAINST RAPE - 647-7273 (24 hour) - 3543 18th Street, Suite 7 www.sfwar.org

TRAUMA RECOVERY CENTER – 2727 Mariposa #100, 437-3000 www.traumarecoverycenter.org

CHILD & ADOLESCENT SUPPORT ADVOCACY & RESOURCE CENTER
995 Potrero Ave. 628-206-8386 (24 hours) www.casarc.org

SAFE AND SOUND (Child Abuse Prevention)
1757 Waller St., 668-0494 www.safeandsound.org

W.O.M.A.N. INC. (Domestic Violence)
26 Boardman Place 864-4722 (24 hours) www.womaninc.org

CHILD ABUSE REPORTING HOTLINE- CPS (800) 856-5553

CLOTHING

WOMEN & CHILDREN	M	T	W	TH	F	S	S	NOTES
ST. ANTHONY'S DISTRIBUTION CENTER 121 Golden Gate 241-2600 stanthonysf.org	Lottery: Families with children – M, T, Th, F 2:30pm Sign up/First 40 Women – M - F 7:30, First 40 Men – M - F 7:30					CLOSED		ID requested but not required. Helpful to bring a bag. May return after four weeks. Homeless families or those in critical need can be seen by appt. which must be made by case worker or social worker to 415-592-2843.
BAY AREA WOMEN'S AND CHILDREN'S CENTER 318 Leavenworth St. 474-2400 - bawcc.org	Call for programs	Drop-in 1 – 5pm	Call for Programs	Drop-in 8:30 - 12pm	Call for programs	CLOSED		Free clothing for women & children. Info. & Referrals in all areas. Job interview clothing by appt. only on Wed. Pantry program (see Pantry section below), TL Scholarship Fund; Founding/principal partner at TL Community Elementary School providing many on-site programs.
CITY TEAM - 164 6 th Street, 510-575-3638	1-3pm	1-3pm	1-3pm	1-3pm	1-3pm	CLOSED		Men and Women, but only Tues, Thurs, and Fri, for women. Showers and hygiene also.

SHELTER

FAM, WOMEN w/ CHILDREN	M	T	W	TH	F	S	S	NOTES
COMPASS FAMILY SERVICES Central City Access Point 37 Grove St. 644-0504 www.compass-sf.org	D-in 9-12pm & 1-4pm	D-in 9am-12pm	Drop-in: 9-12pm & 1-4pm			CLOSED		Long Term Shelter intake point for Homeless Families w/ custody of their children. MUST call here 1st for intake. For Emergency Fam. Shelter aft. 5pm call the Hamilton Fam. Ctr. - 292-5228
RAPHAEL HOUSE - 1065 Sutter Street 345-7200 www.rafaelhouse.org	24HR SERV. Apply through Central City Access Pt - 995 Market St, 5 th fl. 644-0504 or Bayview Access Pt. at 1641 LaSalle Ave. 415-430-6320 or Mission Access Point at 3270 18 th St at 415-972-1284					Transitional housing for homeless fam. w/ children or pregnant in 3 rd tri. Offers casework, children's progs, career info & mental hlth. Must apply thru an access pt to be placed in shelter; L-T shelter only, no single night stays.		
SINGLE WOMEN	M	T	W	TH	F	S	S	NOTES
NEXT DOOR - 1001 Polk St. 487-3300 x4211 www.ecs-sf.org	9am-5pm call lines open: 90 Day Beds – Intake Ctr: Glide – 330 Ellis St – 674-6012 MSC South – 525 5 th St. – 597-7960 Mission Neighborhood Res. Ctr. – 165 Capp St. - 869-7977					For single, homeless women & men over 18. 90 Day Prog provides shelter, meals & counseling. Serv. pets allowed w/papers & shots.		
EPISCOPAL SANCTUARY 201 8 th St. 487-3300 x4111 www.ecs-sf.org	9-5pm call lines: 200 Single Shelter Beds – Intake Ctr: Glide – 330 Ellis St – 674-6012, MSC South – 525 5 th St. – 597-7960 or Mission Neighborhood Res. Ctr. – 165 Capp St. - 869-7977					For single, homeless women & men over 18. 30 Day Program + 30 day renew provides shelter, meals & counseling. Service pets allowed w/papers & shots.		
A WOMAN'S PLACE - Main 1049 Howard St., (Shelter) Drop-In Ctr. 211 13th St. 415-487-02140	Drop-in Center 24/7, except closes between 11:30 and 1:30pm daily					Overnight beds for women over 18 years of age. Need to be referred by on-site case manager. Breakfast, lunch & dinner for guests. Case management, hlth care & support groups. Drop-in for showers from Noon – 2:30pm (at main).		
TENDERLOIN HOUSING CLINIC 126 Hyde St., 771-2427 www.thclinic.org	Drop-in 9:30 am-4pm M-F (Closed 12:30-1:30)					CLOSED		Modified pmt. Program for those on GA & SSI. Screening at: 123 10 th Street, Permanent housing at participating hotels for below market rates. Call 346-6171 for payee services.

BATTERED WOMEN	M	T	W	TH	F	S	S	NOTES
ASIAN WOMEN'S SHELTER Mailing: 3543 18 th St. #19 (877) 751-0880 (24 Hour Crisis Line) - sfaws.org	Call 24 Hours: Crisis Line 877-751-0880, Business Line 415-751-7110							Shelter & case management services for survivors of domestic violence & human trafficking. Call for shelter space info. Specialization is serving immigrants, refugees, or survivors w/ limited English proficiency, & LGBTQ survivors. Up to 40 diff. languages-Asian & non-Asian languages, Arabic, Spanish, French, Portuguese, etc.
LA CASA DE LAS MADRES- www.lacasa.org Office: 1269 Howard Street 1(877) 503-1850 (24-Hour Crisis Line) 1(877) 923-0700 (Teen Crisis Line)	Call 24 Hours Drop-in 8:30am-5pm				Call 24 Hours			Offers domestic violence victims of all ages access to free, multilingual and confidential services— 24-hour crisis response, emergency shelter for women with/without children, counseling (individual & group), trauma and family-based interventions, resource advocacy and referrals. Text line is 415-200-3575 Partnership with La Voz Latina at 456 Ellis Street, 415-983-3970.
RILEY CENTER 1175 Howard St. 255-0165 (24 Hour Crisis Line) svdp-sf.org/what-we-do/riley-center	Call 24 hours Drop-in on Thursdays: 9am-12pm and 1:30-4pm				Call 24 Hours			Emergency Shelter & Transitional Housing for women w/without children. For shelter intake/appl. or crisis support call 24-hour hotline Restraining orders (only for intimate relations). Call 552-2943 for case management and support groups. CROC (Cooperative Restraining Order Clinic)-969-6711. Brennan house 31 bed Transitional housing-255-2894
W.O.M.A.N. INC. 26 Boardman Pl. 415-864-4722 (24 Hour Crisis Line) womaninc.org	Call 24 hours Drop-in: Wed. 11am-12:30pm and Fri. 2-3:30pm				Call 24 Hours			Not a Shelter. Has listings of available beds in shelters in the Bay Area. Domestic violence program: counseling & support groups. Case management, Info/ referral to shelters, restraining orders & others. LatinX program, case management for monolingual Spanish speakers.

FOOD (all phone #'s are 415 area code)

MEALS	M	T	W	TH	F	S	S	NOTES
ST. ANTHONY'S DINING ROOM 121 Golden Gate, 241-2690 (direct) tanthonysf.org	Free meals served daily Breakfast starting at 7am; Table Service from 10:00AM-1:30pm, Afternoon hot meal service 2:00pm-3:00pm							Food pantry and brown bag program. Also have a medical clinic, social work center, tech programs, clothing program, drug rehabilitation program, job program and more. Restrooms are available to the public from 8:30am-4pm M-F.
GLIDE MEMORIAL CHURCH - 330 Ellis St. (at Taylor) 674-6045 (Food Prog) glide.org	Free meals served daily Breakfast 8am-9am, Lunch Noon-1:30pm, Dinner 4pm-5pm				Breakfast 8am-9am Bagged Lunch 12-1:30pm			Also provide free "To Go" dinner bags on Sat. and Sun given out at 3:00. Many other programs and services.
CURRY SENIOR CENTER 333 Turk 885-2274 curryseniorcenter.org	Breakfast: 8:30-9:30am Lunch: 10:30am-12:30pm							Also has primary medical care clinic. Counseling and case management. English classes. Substance abuse treatment & referrals. Must be 60+ for clinic services and meal services and 55+ for other servs.
MARTIN DE PORRES - 225 Potrero Ave. (near 16 th St.) 552-0240 martindeporres.org	Monday – Saturday: Lunch 12pm-2pm					CLOSED		Vegetarian food, also a Turkey Soup option on Thurs. Sign up for showers at 9am on T & Th only. Medical servs avail. Th 12:30-2pm with nurse practitioner through the SOS Van. Needle exchange on Th noon – 2pm
PROJECT OPEN HAND 730 Polk St., 1-800-551-6325 openhand.org	CLOSED	9-4 GroceryCtr	11am-4pm Grocery Center Hot meals served Monday-Friday 10:30am-12:30pm			CLOSED		Offers free groceries and prepared meals for people with symptomatic or disabling HIV/AIDS and a number of other diagnoses. CA ID, proof of residency, income required.
Downtown Senior Center 481 O'Farrell St - 771-7950 - sfsenior.org	9-10am and Lunch 11-12pm							Also has many social events during the week, such as bingo, art with elders, Yoga classes, computer lab, tech help, healthier living workshops, movies, and many more!
FOOD PANTRIES	M	T	W	TH	F	S	S	NOTES
LA RAZA COMMUNITY RESOURCE CENTER 474 Valencia St - 863-0764	Wednesdays: 1:00pm-5:00pm							The Food Pantry offers nutritious, local, and organic groceries free of charge on a weekly basis to families. Must have children.
TL Neighborhood Development Corp 210 Golden Gate - 858-3987	Monday-Friday 8:30am-5:00pm							TNDC's food distribution program distributes food in the Tenderloin, Western Addition, and Mission Bay. The program provides access to four food pantries that supply nutritious food to this in the community.
CITY IMPACT 140 Turk Street - (415)738-6878	Grocery distribution M-F 10am. Meal servs M-F, 3-4:00pm.				CLOSED			Offers free groceries & prepared meals. The services are first come, first served.
BAY AREA WOMEN'S & CHILDREN'S CENTER 318 Leavenworth - 474-2400	Thursdays: 2:00pm							Must be housed and do an intake first. Eligible for food up to 8 times a year.
CITY TEAM SF - 164 6 th St - 861-8688	Monday: 9:00am-11:00am							Offers free pantry items weekly to residents of San Francisco.
SALVATION ARMY KROC CTR 240 Turk St - 345-3400	Fridays: 8:00am-9:30am							Offers a food pantry. Visit the KROC Center to register for pantry.