

# GUIDE TO THRIVE

For People  
Over 50  
and Living  
with HIV

Community Health Services  
Mental Health Services  
Housing HIV+ 50+  
GETTING TO ZERO  
Finances and Wellness  
Health Psychosocial Pharmacy  
Basic Needs  
Immigration Food Employment Services  
Wrap Around Health Care Positive Resource Center  
Social Support HIV+ San Francisco Pharmacy  
Getting to Zero Legal/HIV POSITIVE Fitness  
Legal Aid Government Urgent Care Basic Needs Finances Community  
Employment Services Health and Wellness POSITIVE  
Psychosocial Pharmacy Holistic 50+ Fitness RESOURCE  
Finances Case Management Community CENTER Finances  
SAN FRANCISCO  
Food Urgent Care Pharmacy Food Social Support  
Employment Services Community Fitness Positive Resource Center  
HIV+ Financial Assistance Pharmacy Food  
Psychosocial Health and Wellness Fitness

POSITIVE  
RESOURCE  
CENTER



www.GettingToZeroSF.org

# Key

Many service organizations mentioned in this guide have several focus areas. Use the following key to identify services available at each service organization.

## KEY CATEGORIES

Red: Basic Needs



FOOD



HOUSING

Orange: Psychosocial Services



SOCIAL SUPPORT



MENTAL HEALTH SERVICES



SUBSTANCE USE SERVICES

Yellow: Health and Wellness



HOLISTIC MEDICINE



FITNESS



WRAPAROUND HEALTHCARE



PHARMACY



URGENT CARE/  
EMERGENCY ROOM

Green: Finances



EMPLOYMENT SERVICES



FINANCIAL ASSISTANCE

Blue: Legal/Government



CASE MANAGEMENT



IMMIGRATION



LEGAL AID


# The Purpose of this Guide

is to help people who are HIV-positive and 50+ get the services they need as well as the services they want in San Francisco.

This city is home to a variety of HIV supportive services that cater to people who are 50+. Services not only include basic necessities like food, healthcare, and housing, but also social groups, legal aid, financial assistance, and many other service categories. Thank you for using Positive Resource Center's Guide to Thrive.

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**PLEASE NOTE** that many of the organizations listed below require referrals made by case managers. If you are interested in case management, please contact one of the organizations labeled with a blue notepad icon. 

For a full list of resources for clients who are HIV-positive, please visit the HIV Health Services Resource Guide available here: <http://sfhivcare.com/#guide>

**DISCLAIMER:** This guide is not exhaustive. Organizations included in this guide specifically serve people who are 50+ and/or HIV-positive San Francisco residents. There are many other organizations that offer a broad spectrum of HIV services and/or broad spectrum support services for people 50+. Additionally, many of these programs have eligibility criteria beyond being 50+ and/or HIV-positive. Please call each organization directly for full program eligibility criteria.

**SPONSORS (DPH, GTZ):** Thank you to the San Francisco Department of Public Health, Getting to Zero San Francisco, and our community partners for making this guide possible.

# Resources for People who are HIV-Positive AND 50+ with Eligibility Chart

The following resources offer programs or services specifically focused on people who are HIV-positive **AND ALSO** over 50. See page 6 for additional resources for people who are HIV-positive OR over 50.

## KEY CATEGORIES

### Red: Basic needs



FOOD



HOUSING

### Orange: Psychosocial Services



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### Yellow: Health and Wellness



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### Green: Finances



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FINANCIAL ASSISTANCE

### Blue: Legal/Government



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IMMIGRATION



LEGAL AID

## FINANCIAL ASSISTANCE AND EMPLOYMENT SERVICES

### AIDS Emergency Fund

12 Grace Street, Suite 300  
415-558-6999

Emergency financial assistance  
and eviction prevention grants.



### Senior and Disabled Housing Subsidy Program, The Q Foundation (formerly AIDS Housing Alliance)

350 Golden Gate Avenue  
415-552-3242

Housing subsidies and rental  
assistance.



### Lutheran Social Services

191 Golden Gate Avenue  
415-581-0891

Money management and  
representative payee services  
for low-income HIV-positive  
residents of San Francisco.



### Positive Resource Center

785 Market Street, 10th Floor  
415-777-0333

Comprehensive benefits counseling  
and employment services for  
people living with HIV/AIDS.



## LEGAL AID

### API Legal Outreach

1121 Mission Street  
415-567-6255

Legal and social services for  
people 18-59 with a disability  
and seniors 60+.



### HIV50+ Project, AIDS Legal Referral Panel

1663 Mission Street, Suite 500  
415-701-1100

Legal representation, trainings  
and educational presentations  
on housing, insurance, estate  
planning, etc.



### Positive Resource Center

785 Market Street, 10th Floor  
415-777-0333

Comprehensive benefits  
counseling and employment  
services for people living  
with HIV/AIDS.



## FOOD

### Home-Delivered Meals and Emergency Meal Programs, Department of Aging and Adult Services (DAAS)

2 Gough, 2nd Floor  
415-355-6700

Home delivered meals and  
emergency meals for seniors  
and adults with disabilities.



### Project Open Hand

730 Polk Street  
415-447-2300

Meals and groceries for critically  
ill neighbors and seniors.



## SUBSTANCE USE

### The Stonewall Project

1035 Market Street  
415-487-3100

Harm reduction-based counseling,  
treatment, and support services  
for men who have sex with men  
(MSM).



## SOCIAL SUPPORT

### Elizabeth Taylor 50-Plus Network

1035 Market Street, Suite 400  
415-487-3123

Wellness network for gay, bisexual, and trans men age 50+ in the Bay Area.



### Honoring Our Experience

415-674-4706

GCassin@Shanti.org

Retreats and workshops for long-term survivors that honor the healing power of community.



### Let's Kick ASS (AIDS Survivor Syndrome)

4111 18th Street, #5  
415-999-2788

A movement for HIV long-term survivors to reclaim their lives, end isolation, and envision a future.



### Openhouse

65 Laguna Street  
415-296-8995

Housing, housing resources, and social support for LGBT seniors.



### Pets Are Wonderful Support (PAWS)

3170 23rd Street  
415-979-9550

Assistance for people who are chronically ill, frail, or isolated by disease or age to maintain companion animals.



### Shanti Project

730 Polk Street  
415-674-4700

Several social support groups and care navigation to enhance quality of life.



### Westside Community Services

1153 Oak Street  
415-431-9000

AIDS case management and home care services.



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## MENTAL HEALTH

### Sí a la Vida, Instituto Familiar De La Raza

2919 Mission Street  
415-229-0500

Mental health and substance use counseling and peer advocacy.



### UCSF Alliance Health Project

1930 Market Street  
415-476-3902

Mental health crisis services, psychiatry, psychotherapy, groups, neuropsychological testing, substance use counseling, and case management services.



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## HEALTHCARE

### 50+ Silver Project, UCSF 360 Wellness Center

350 Parnassus Avenue, Suite 908  
415-353-2119

HIV treatment, primary care, pharmacy services, geriatrician support, telemedicine, and psychiatry.



### Golden Compass, Ward 86

995 Potrero Avenue, 7th Floor  
415-206-2473

Multidisciplinary medical care and social support for people 50+ who are HIV-positive.



### Laguna Honda Hospital and Rehabilitation Center

375 Laguna Honda Boulevard  
415-759-2300

24-hour medical support, with specialized treatment for AIDS dementia.



### Maitri

401 Duboce Avenue  
415-558-3010

Compassionate residential care for people in need of hospice or 24-hour respite care. Referrals through medical provider.



### Tenderloin Health Services

330 Ellis Street  
415-674-6140

Primary care, urgent care, chronic disease management, HIV testing and education.



# Eligibility Chart for Resources on Pages 3-4

	Private Insurance	Medicare and/or Medi-Cal	Healthy SF	Covered CA	Uninsured or Sliding Scale	Letter of Diagnosis	SF Resident	50+	60+	Specific Limits Income
50+ Silver Project, UCSF 360 Wellness Center	●	●		●				●		
AIDS Emergency Fund						●	●			●
API Legal Outreach						●			●	
DAAS Home-Delivered Meals and Emergency Meal Programs										●
Elizabeth Taylor 50-Plus Network								●		
Golden Compass, Ward 86	●	●	●	●	●	●		●		
HIV50+ Project, AIDS Legal Referral Panel								●		
Laguna Honda Hospital and Rehabilitation Center	●	●				●	●			
Let's Kick ASS (AIDS Survivor Syndrome)							●			
Lutheran Social Services						●	●			●
Pets Are Wonderful Support (PAWS)						●	●		●	●
Positive Resource Center						●	●			
Project Open Hand							●		●	
Senior and Disabled Housing Subsidy Program, The Q Foundation									●	●
Shanti Project										
Sí a la Vida, Instituto Familiar De La Raza		●				●	●			●
Stonewall Project										
Tenderloin Health Services		●		●	●					
UCSF Alliance Health Project		●					●			●
Westside Community Services	●	●	●	●	●	●	●	●	●	●

**DISCLAIMER:** The eligibility criteria above reflects basic eligibility. The organizations listed above may have additional criteria not listed here.

# Resources for People who are HIV-Positive OR 50+

These organizations serve clients of different backgrounds, but often focus on clients who are HIV-positive OR 50+.

## SOCIAL SUPPORT

### 30th Street Senior Center

225 30th Street  
415-550-2210

Largest multipurpose senior center with health, wellness, fitness, case management, and meal programs.



### Catholic Charities

65 Beverly Street  
415-334-5558

Adult day services and care, case management, and senior center services.



### Healing Waters

167 Fell Street  
415-552-1190

Weekend river rafting and camping trips for people living with HIV.



### Rita de Cascia, Catholic Charities

1652 Eddy Street  
415-202-0941

Intensive, coordinated case management services to women and children impacted by chronic illness and homelessness.



### Senior Center Without Walls

[www.seniorcenterwithoutwalls.org](http://www.seniorcenterwithoutwalls.org)  
1-877-797-7299

Promotes social interaction and community via groups held over the phone.



## MENTAL HEALTH

### Baker Places

Multiple Locations  
415-864-1515

Crisis, transitional, and residential housing for people who are mentally ill, have HIV/AIDS, or have issues with substance use.



### Felton Institute

1500 Franklin Street  
415-474-7310

Intensive case management, geriatric outpatient mental health services, older day support center, and senior peer recovery center.



### South Van Ness Adult Behavioral Health Services

755 South Van Ness Avenue  
415-642-4580

Case management and mental health services.



## SUBSTANCE USE

### BAART

1111 Market Street  
415-863-3883  
433 Turk Street  
415-928-7800

Treatment centers and primary care clinics for opioid use disorder treatment and rehabilitation.



### Baker Places

Multiple Locations  
415-864-1515

Crisis, transitional, and residential housing for people who are mentally ill, have HIV/AIDS, or have issues with substance use.



### Golden Gate for Seniors, C.A.T.S.

1171 Mission Street  
415-626-7553

Residential recovery facility designed to help residents achieve a more meaningful life without drugs and alcohol.



### A Woman's Place

1049 Howard Street  
415-487-2140

Twenty-four hour supportive residential services offering emergency DV shelter, 90-day shelter beds, substance use treatment, and long-term transitional housing for self-identified women.



## HEALTHCARE

### AIDS Healthcare Foundation San Francisco

518A Castro Street  
415-552-2814

Healthcare related to HIV management and access to specialists, medications, and services for wrap-around medical care.



### API Wellness Center

730 Polk Street  
415-292-3400

Wraparound medical care, case management, and social support for people of color and the LGBTQ population.



### Castro-Mission Health Center

3850 17th Street  
415-934-7700

HIV clinic providing medical services and counseling to people with HIV/AIDS/ARC.

### Curry Senior Center

333 Turk Street  
415-885-2274

Wraparound health clinic and general care for the elderly.



### San Francisco City Clinic

356 7th Street  
415-487-5500

Free or low-cost diagnosis and treatment of sexually transmitted diseases.

### Tom Waddell Urban Health Clinic

230 Golden Gate Avenue  
Urgent Care Facility: 50 Ivy Street  
415-355-7400

Health clinic for non-urgent medical appointments.



### Clinica Esperanza

240 Shotwell Street  
New Client Inquiries:

415-552-1013 x 2234

Bi-lingual, compassionate medical care and supportive services for people who are HIV-positive.



## DENTAL AND VISION

### OneSight Program

3251 20th Avenue  
415-566-9292

Free pair of eyeglasses and an eye exam.

### Ryan White Dental Clinic

50 Ivy Street  
415-335-7527  
2401 Keith Street  
415-671-7066

### **University of Pacific Ryan White Dental Program**

155 Fifth Street, Second Floor  
Specialty Clinic  
415-929-6448  
Preventative treatment, same-day emergency dental care, fillings, root canals, dentures, and oral surgery for people living with HIV.

## **FOOD**

### **CHAMPSS Program**

731 Sansome Street, Suite 10  
415-677-7600  
Provides seniors with healthy, dietician-approved meals at two locations in the city.



### **GLIDE**

330 Ellis Street  
415-674-6043  
Nutritious meals, 364 days a year, to the city's poor, homeless and hungry.



### **Meals on Wheels**

1375 Fairfax Avenue  
415-920-1111  
Home delivered meals, nutrition counseling, social worker visits, and volunteers to help seniors who are 60+ with miscellaneous tasks.



### **St. Anthony's**

150 Golden Gate Avenue, 2nd Floor  
415-241-2600  
Nutritious meals and diet and nutrition counseling to marginalized individuals and families.



### **Supplemental Food Program, SF-Marin Food Bank**

Call 2-1-1 for locations and requirements.  
Provides a monthly box of quality USDA food to low-income seniors, at least 60 years of age.  
15 distribution days in SF.



## **HOUSING RESOURCES AND SUBSIDIES**

To find open housing, apply to a lottery, or check lottery results, visit S.F.'s Housing Portal at <https://housing.sfgov.org>.

### **Community Living Fund, Institute on Aging**

2 Gough Street  
415-355-6700  
Transition assistance for lower income San Francisco County residents to help achieve independence outside of hospitals and care facilities.



### **Dolores Street Community Services**

938 Valencia Street  
415-282-6209  
52-unit supportive housing site for formerly homeless individuals with special needs and homeless men/women with disabling HIV/AIDS.



### **Housing Subsidy Program, San Francisco AIDS Foundation**

1035 Market Street, 4th Floor  
415-487-8079  
Makes housing more affordable by subsidizing rental payments.



### **Marty's Place**

1165 Treat Avenue  
415-399-0943  
Housing for low-income people living with HIV/AIDS.



### **Rafiki Coalition On AIDS**

601 Cesar Chavez Street  
415-615-9945  
11-bed transitional house for residents dealing with HIV/AIDS, homelessness, substance abuse, and/or mental health concerns.



## **LEGAL AID**

### **Bay Area Legal Aid**

1800 Market Street, 3rd Floor  
415-982-1300  
Free civil legal assistance, including legal advice and counsel, effective referrals, and legal representation.



### **Health Insurance Counseling and Advocacy Program (HICAP)**

601 Jackson Street, 2nd Floor  
415-677-7520  
Medicare counseling for people 65+ who have Medicare, people soon to be eligible for Medicare, and people eligible for Medicare due to a disability.



### **Legal Assistance to the Elderly**

701 Sutter Street, 2nd Floor  
415-538-3333  
Provides free, full-scope representation to elderly and disabled residents.



### **Positive Resource Center**

785 Market Street, 10th Floor  
415-777-0333  
Comprehensive benefits counseling and employment services for people living with HIV/AIDS.



## **EDUCATION**

### **City College of San Francisco**

50 Phelan Avenue  
415-452-5839  
Offers free cognition, arts and crafts, physical fitness, computers, literature, and music classes.



### **ElderCollege Program, San Francisco State University**

1600 Holloway Avenue  
415-405-7700  
Advancement of personal education by attending regular SF State courses with instructor approval. Fee is \$55 per semester.

### **San Francisco Public Library**

100 Larkin Street  
415-557-4400  
Free classes on topics such as computers, tai chi, economics, software, and much more.



### **SF Connected**

1650 Mission Street, 5th Floor  
415-355-3555  
Free computer tutoring and support to seniors and adults with disabilities.

# Additional Resources

The following resources are not dedicated to people who are HIV positive **OR** 50+, but can be valuable tools to these groups.

## PET AND SERVICE ANIMAL ASSISTANCE

### Assistance Dog Special Allowance Program

916-657-2628

Provides monthly payment of \$50 for people with a guide, signal, or service dog.



### Brown Dog Foundation

[www.browndogfoundation.org](http://www.browndogfoundation.org)

Funding to people with a sick pet who cannot afford treatment due to unforeseen circumstances.



## NON-URGENT MEDICAL SERVICES

### Drug Take Back Kiosk, Department of Public Health

1380 Howard Street, Room 130

415-255-3659

Free personal prescription medication disposal.

### Positive Being

415-821-6477

Massage therapy for people who are HIV-positive.



### Safe Medicine Disposal, San Francisco Department of the Environment

415-252-3800

Free disposal of prescription medications.

## CELL PHONE SERVICES

### California Lifeline Program

[www.californialifeline.com](http://www.californialifeline.com)

Provides discounted home phone and cell phone services to qualified households.

## OTHER LEGAL SERVICES

### AIDS Legal Referral Panel

#### Notary Services

415-701-1100

### San Francisco Public Defender

555 7th Street

415-553-1671

Legal representation for those charged with a crime who are unable to afford an attorney.

### Second Chance Legal Clinic

415-814-7610

Assists people who are experiencing barriers to employment and housing due to past arrest and conviction records.

### Traffic Ticket Amnesty Program

415-551-8550

Program for reduction of traffic ticket costs.

# Emergency Numbers

## PSYCHIATRIC CRISIS LINES

### Psychiatric Emergency Services:

415-206-8125

### SF DPH Mobile Crisis Team:

415-970-4000

### SF Suicide Prevention:

415-781-0500

### Westside Community Crisis:

415-355-0311

## EMERGENCY SHELTER

### DIAL 311

#### Glide Walk-In Center:

415-674-6012

#### Mission Neighborhood Resource Center:

415-869-7977

#### Multi-Service Center (MSC) South:

415-597-7960

#### United Council of Human Services, The Bayview Hunters Point Multiservice Center:

415-671-1100

# Housing

### Community and Home Injury Prevention Project for Seniors (CHIPPS):

628-206-7627

Department of Public Health program created to promote awareness of, make corrections for, and provide resources about common household injuries that older people experience.

### Department of Building Inspections:

415-558-6088

Helps senior and disabled tenants with safety inspections, securing improvements and upgrades in their rental units.

### San Francisco Housing Authority:

415-715-5200

### Mayor's Office on Housing:

415-701-5500

# Government Aid

### CalFresh (monthly food benefits):

415-558-4700

### County Adult Assistance Programs

(financial assistance for adults):

415-558-2227

**Medi-Cal** (free or low-cost health care coverage): 855-355-5757

**Social Security** (financial assistance for seniors and people with disabilities): 1-800-772-1213

Looking for a service not listed in our guide? Contact the Department of Aging and Adult Services Intake Hotline: 415-355-6700



# Appointment Preparation Worksheet

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What should you bring for your first appointment?

**When going to an appointment at a new organization, try to bring as many items listed below as possible.**

- Documentation of HIV Status
- Valid identification (driver's license, SF city ID card, passport etc.)
- Proof of residency
- Proof of income, if any
- Insurance card, if any
- List of questions you would like to ask

**Please note:** this list is neither exhaustive nor is every item crucial for every single appointment. When scheduling an intake appointment, ask the scheduler for a list of required documentation.

## Appointment Organizer

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Appointment Name	Appointment Date	Notes

# Health Insurance Information Sheet

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Before scheduling a medical appointment, make sure you know your health insurance information. Use this page to keep track of your plan and policy information.

**Type of Health Insurance:**

- Medicare
- Medi-Cal
- Covered CA
- Other Private Insurance
- AIDS Drug Assistance Program (ADAP)
- Office of AIDS Health Insurance Premium Payment (OA-HIPP) Program
- Other: \_\_\_\_\_

My Policy Number: \_\_\_\_\_

Health Insurance Customer Call Center: \_\_\_\_\_

Pharmacy (Name, Address, Phone): \_\_\_\_\_

\_\_\_\_\_

# Viral Load Tracker

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Keeping your viral load low keeps you healthy and significantly lowers the risk of transmitting HIV to sexual partners. Keep track of your viral load with our viral load tracker.

<b>Appointment Date</b>	<b>Viral Load</b>

## Notes

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Write any notes you have for your appointments here:

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Benefits Counseling  
Joe Tuohy, Chief Operating Officer  
Jim Wegman, Chief Information Officer  
Brian Whitford, Computer Training Manager  
Dee Yavor, Supervising Employment  
Specialist  
Mike Yang Zhang, Esq., Senior Staff Attorney

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**Thank you to the San Francisco Department of Public Health and Getting to Zero San Francisco for funding this project.**

## POSITIVE RESOURCE CENTER

785 Market Street, 10th Floor  
San Francisco, CA 94103  
phone 415.777.0333  
fax 415.777.1770  
www.positiveresource.org



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positiveresourcecenter.wordpress.com