



The St. James Infirmary is an Occupational Safety & Health Clinic for Sex Workers founded by COYOTE--Call Off Your Old Tired Ethics, and is a joint project between Exotic Dancers Alliance and the STD (Sexually Transmitted Disease) Prevention and Control Services of the City and County of San Francisco Department of Public Health. Our mission is to provide non-judgmental and compassionate health care and social services for all Sex Workers while preventing occupational illnesses and injuries throughout the sex industry. We provide services for current, former, and transitioning Street and Survival Sex Workers, Escorts, Sensual Massage workers, Erotic Performers and Entertainers, Exotic Dancers, Peep Show workers, Bondage/ Dominatrix/Sado-Masochism (BDSM) workers, Adult Film actors, Nude Models, Internet Pornography workers, Phone Sex operators, and Sex Toy Store workers.

## **HOW TO USE THIS GUIDE**

This resource guide was prepared by Sex Workers for Sex Workers, and is produced with funds received from The California Endowment, the Franklin Benevolent Corporation and the SFDPH AIDS office. The information throughout the following pages is meant to provide you with helpful tips so that you can make informed choices about your health and well-being. Organizations with a © have received In-Service trainings from St. James Infirmary staff and/or collaborated and/or networked with us to provide comprehensive services to Sex Workers. We welcome your comments and suggestions about any of the following information, and we hope to see you soon at the St. James Infirmary!

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## INTRODUCTION

### **St. James Infirmary**

**Office:** 1372 Mission Street (between 9<sup>th</sup> & 10<sup>th</sup> Streets), San Francisco, CA 94103

**Phone:** (415) 554-8494

**Fax:** (415) 554-8444

**E-mail:** [admin@stjamesinfirmary.org](mailto:admin@stjamesinfirmary.org)

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

Free, Confidential, Non-Judgmental Medical & Social Services for Female, Transgender & Male Sex Workers and their current partners.

### **TUESDAYS, 12:00pm to 3:00pm (last intake at 2:30pm)**

- Confidential Counseling & Testing for STI's (inc. HIV, Chlamydia & Gonorrhea). Results will be available one week after initial test. Call for more information about available testing.
- Condoms and Lube.
- New intake appointments from 12:00pm to 2:30pm.
- Individual peer-counseling sessions
- Social Service referrals and information in the areas of Harm Reduction, Substance Use Counseling and Treatment, Mental Health Counseling and Treatment, Housing Assistance, Legal Assistance, Transportation Assistance, Child Care Assistance, and Financial Assistance.

### **WEDNESDAYS, 6:00pm to 9:00pm (last intake at 8:30pm)**

- Primary Medical Care, Urological & Gynecological Care including Confidential Testing (HIV/ STD/ TB/ Hepatitis), Treatments for STI's, Immunizations for Hepatitis A & B (note that medical appointments fill up quickly; arrive early if you wish medical care).
- Acupuncture, Massage Therapy, and Reiki.
- Individual peer-counseling sessions.
- Food and Clothing, Condoms and Lube.
- Social Service referrals and information in the areas of Harm Reduction, Substance Use Counseling and Treatment, Mental Health Counseling and Treatment, Housing Assistance, Legal Assistance, Transportation Assistance, Child Care Assistance, and Financial Assistance.
- Legal referrals in the areas of criminal, civil, labor and employment law, public benefits, disability, and family issues provided.

### **THURSDAYS, 6:00pm to 9:00pm (last intake at 8:30pm)**

- Transgender Health Care (including hormone therapy), Confidential Testing (HIV/ STI's/ TB/ Hepatitis), Treatments for STI's, Immunizations for Hepatitis A & B (note that medical appointments fill up quickly; arrive early if you wish medical care).
- Individual peer-counseling sessions and support group.
- Social Service referrals and information in the areas of Harm Reduction, Substance Use Counseling and Treatment, Mental Health Counseling and Treatment, Housing Assistance, Legal Assistance, Transportation Assistance, Child Care Assistance, and Financial Assistance.
- Food and Clothing, Condoms and Lube.

Monthly harm reduction groups for current, former & transitioning sex workers (all genders) at 1372 Mission Street. Please call to verify time and RSVP.

Apprenticeships for current, former, and transitioning sex workers; Internships for interested students from local educational institutions and universities. Call (415) 554-8494 for more information.

## ATTITUDES TO CHANGE

FROM:	TO:
Sex Workers are dirty.	<b>Sex Workers are equal members of society.</b>
Sex Workers are victims.	<b>Sex Workers are able to make choices.</b>
Sex Workers are submissive.	<b>Sex Workers are decision makers.</b>
Sex Workers are only sex workers.	<b>Sex Workers are recognized for everything they do.</b>
Sex Workers are lazy and stupid.	<b>Sex Workers are professionals.</b>
Sex Work is not work.	<b>Sex Work is work.</b>
Sex Workers give the country a bad image.	<b>Sex Workers contribute to the economy and the national culture.</b>
'Prostitute'	<b>'Sex Worker'</b>
Sex Work is a moral and criminal issue.	<b>Sex Work is an economic and social issue.</b>
Money from Sex Work is dirty.	<b>Our income is like the income of all workers.</b>

*(Excerpt from report on International Seminar of Sex Workers in Asia and Pacific, Bangkok, Thailand, November 14-19, 2000)*

## CHILDREN, YOUTH & FAMILY SERVICES

### **Adolescent Health Working Group**

323 Geary Street, Suite 418

San Francisco, CA 94102

Phone: (415) 576-1170

Fax: (415) 576-1286

[www.ahwg.net](http://www.ahwg.net)

### **Asian Perinatal Advocates Family Support Centers:**

~San Francisco General Hospital

1001 Potrero Ave., Bldg. 40, Room 4101

San Francisco, CA 94110

Phone: (415) 206-5450

~Chinatown

655 Clay Street

San Francisco, CA 94111

Phone: (415) 616-9797

Network & Counseling Center: (415) 617-0061

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

Available Services: Information, referrals, support for Asian families. Also offers baby-care workshops, high-risk children follow up clinic, prenatal psychosocial assessments and Asian cultural awareness trainings for service providers.

### **©At the Crossroads Outreach Team**

Phone: (877) 891-8187

Office Hours: M-Thursday, 3-5pm

Mission Outreach: M,T,Th,F 8:15-11:15pm

Downtown Outreach: M,T,Th,F 7:30-10pm

ATC does not have a drop-in center, but try and catch them doing night outreach in the Mission and downtown SF. They are a harm-reduction based Team and provide invaluable service to youth in San Francisco.

### **Bay Area Women's and Children's Center**

318 Leavenworth Street

San Francisco, CA 94102

Phone: (415) 474-2400

Information and referrals, healthcare & clothing for women and children. Projects include: Tenderloin Community School, family center, children's playground and recreation center, Civic Center tiny tot lot, playgrounds and focus groups on neighborhood family issues. Make arrangements in advance if you need service in a language other than English.

### **©Bay Area Young Positives**

518 Waller St

San Francisco, CA 94117

Phone: (415) 487-1616

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

Peer-based emotional support and educational workshops for HIV+ people, 26 years old and under.

**Bay Area Youth Agency Consortium**

220 Golden Gate Avenue, 4<sup>th</sup> floor

San Francisco, CA 94102

Phone (415) 447-1430

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

Part of AmeriCorps, BAYAC provides jobs with a full time (1700 hr) or part time (450 hr) commitment. Members provide direct services to youth in the areas of tutoring, safe and structured after school activities and health education.

**Cameron House**

920 Sacramento Street

San Francisco, CA 94108

Phone: (415) 781-0401

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

A faith-based, community organization serving the needs of San Francisco's Chinatown and Asian communities. Cameron House provides counseling, peer group support, crisis intervention, leadership development, education and advocacy for youths, adults and families.

**©Center for Young Women's Development**

1550 Bryant St., Suite 700

San Francisco, CA 94103

Phone: (415) 703-8800

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

Staffed by young women who progressed through their programs, the Center for Young Women's Development provides advocacy, employment training, and developing leadership skills and produces a 'Know Justice' resource handbook for low-income young women involved in the juvenile justice system and who have lived and worked on the streets.

**Children's Protective Services – Emergency Hotline**

170 Otis Street

San Francisco, CA 94110

Phone: (800) 856-5553 or (800) 558-2650

Hotline for child abuse reporting.

**Children's Council of San Francisco**

~445 Church St.

San Francisco, CA 94114

Phone: (415) 276-2900

~Bayview-Hunter's Point Office

1319 Evans Street

San Francisco, CA 94124

Phone: (415) 920-7280

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

The Council provides free resource and referral listings for child care, and child care subsidy assistance to low-income families in training or in the work force license preparation, training, and professional support to child care providers, health and nutritional services and food subsidies to children in child care. They also provide mental health services for children, resources and options for children with special needs; advocacy, public education and support to the child care community.

### **Children's Health Center**

1001 Potrero Avenue

San Francisco, CA 94110

Phone: (415) 206-8376

A pediatric clinic for infants, children and youth, ages 0-17.5 years old.

### **Chinatown Child Development Center**

720 Sacramento Street

San Francisco, CA 94108

Phone: (415) 392-4453

Provides services to families such as helping children enter school, treatment for children with developmental delays, parenting classes, counseling to individuals, families and groups, along with medication evaluations and socialization groups for children. Bilingual counselors offer services in Cantonese, Mandarin, Vietnamese, Cambodian, Spanish, American Sign Language and English.

### **Chinatown Youth Center**

1693 Polk Street

San Francisco, CA 94109

Phone: (415) 775-2636

Fax: (415) 775-1345

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

Offers support groups for Asian youth on building cultural identity and developing social skills. Provides individual and family counseling for Asian youth and families, education, after-school and summer employment placement; substance use prevention; delinquency prevention and crisis intervention services.

### **California Youth Crisis Line**

P.O. Box 163147

Sacramento, CA 95818

Phone: (800) 843-5200

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

The Crisis Line is a statewide, toll free, 24-hour confidential phone line available to young people between the ages of 12-24 and those who are concerned about them. The hotline provides crisis intervention counseling on such for issues of abuse, assault and exploitation, running away, living on the streets, prostitution, gang membership, lesbian/ gay/ bisexual/ transgender issues and suicide.

### **Child Abuse Prevention Program**

1757 Waller Street

San Francisco, CA 94117

Phone: (415) 387-3684

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

The Child Abuse Council provides prevention services in the form of public education and advocacy for child abuse prevention and safety awareness issues. They also run the TALK line as mentioned as mentioned below.

**Child & Adolescent Sexual Abuse Resource Center-San Francisco Child Abuse Council**

995 Potrero Avenue, Building 80, Rm. 239  
San Francisco, CA 94110  
Phone: (415) 206-8386

**Cole Street Youth Clinic**

555 Cole Street  
San Francisco, CA 94117  
Phone: (415) 751-8181

[www.huckleberryyouth.org/cole.html](http://www.huckleberryyouth.org/cole.html)

The Clinic offers comprehensive, age-appropriate, culturally-sensitive adolescent health services to high-risk teens, with peer-education including HIV prevention education, peer-counseling and community outreach serving as major components of the Clinic's programs.

**Comprehensive Child Crisis Services**

3801 Third Street, Suite 400  
San Francisco, CA 94142  
Phone: (415) 970-3800

This is a 24-hour/7 day-a-week mental health agency, which provides emergency/crisis psychiatric services to youth under age 18 in SF County. Agency provides evaluations for involuntary hospitalization and short-term therapy, consultation to agencies, schools, and community services.

**♥Dancing Doula Birth Services**

Phone: (510) 502-5799, Tomi Knutson  
[dancingdoula@planet-save.com](mailto:dancingdoula@planet-save.com)

A Doula, or Childbirth Assistant provides the invaluable benefits of pertinent information, personal advocacy and emotional support before, during and after birth to the expectant mother and her family. Other services include post-partum care, nurturing massage, birth photography and when available, childcare. Services available by payment plan and/or sliding scale.

**Family Service Agency of San Francisco**

1010 Gough Street  
San Francisco, CA 94109  
Phone: (415) 474-7310

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

The agency offers support, education and counseling for parents with substance use and child abuse issues, teen parenting/pregnancy programs, child mental health, family counseling and eviction prevention for young people. The agency also provides adult and senior services including mental health counseling and case management.

**Glide-JM Youth and Family Center**

330 Ellis St  
San Francisco, CA 94102

Phone: (415) 674-6200

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

Glide provides free childcare M-F, 7:30am-5:30 pm for infants, toddler and preschoolers of low-income families and those eligible for CalWorks. They also have after-school and teen programs and provide family advocacy.

### **Golden Gate Community, Inc.**

1387 Oak Street

San Francisco, CA 94117

Phone: (415) 552-1700

Fax: (415) 552-5239

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

Offers a variety of programs for youth including job skill development at Einstein's Café, Ashbury Images and Pedal Revolution. They also offer Camp Bridge, a free summer day camp for children affected by HIV/AIDS.

### **©HAYOT (Haight-Ashbury Youth Outreach Team)**

1392 Haight Street

San Francisco, CA 94117

Phone: (415) 565-1941

Fax: (415) 565-1945

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

The Youth Outreach Team gives out snacks, hygiene supplies, condoms and safer injection supplies. They offer connections to free medical appointments, hygiene and safer sex/injection supplies, shelter, food, pet care, employment and assistance with getting ID/GED/GA or food stamps.

### **Health Initiatives for Youth**

235 Montgomery Street, 4<sup>th</sup> Floor, Suite 430

San Francisco, CA 94103

Phone: (415) 274-1970

Fax: (415) 274-1976

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

HIFY's programs rely on the strength, resilience and creativity of youth and the foresight, support and commitment of adults to address pressing youth health issues. In order to meet the many needs of youth, HIFY works on three levels: with the youth themselves (TOBA) with providers, teachers and parents who work and live with youth (Community Alliance) and with local, state and national politics and government to facilitate and advocate for changes within the health, education and service systems for young people (Wellness Village). They also put out info guides for youth like "The Adolescent Provider's Guide" and "The Young Women's Survival Guide".

### **Horizons Unlimited of San Francisco, Inc.**

440 Potrero Avenue

San Francisco, CA 94110

Phone: (415) 487-6730

[www.horizons-sf.org](http://www.horizons-sf.org)

For Latino youth ages 12-24. Drug and alcohol education, HIV/AIDS education, employment counseling, outreach, peer support and leadership.

### **Huckleberry House Youth Program**

1292 Page Street  
San Francisco, CA 94117  
Administrative: (415) 668-2622  
Crisis Line: (415) 621-2929  
Fax: (415) 621-4758  
[www.huckleberryyouth.org](http://www.huckleberryyouth.org)

Huckleberry Youth Programs is a major community-based youth agency, providing critical and effective services to homeless, runaway and other at-risk youth in San Francisco and Marin counties with seven interrelated programs; Huckleberry House, Huckleberry's Nine Grove Lane, the Cole Street Clinic, Teen Health Program at Montecito Plaza, the Community Assessment and Referral Center, the Beacon Wellness Center and the VIP Girls Project.

### **Instituto Familiar de la Raza**

2919 Mission Street  
San Francisco, CA 94110  
Phone: (415) 229-0500  
Crisis: (415) 206-8125  
Fax: (415) 647-3662  
A mental health agency that offers HIV/AIDS education/prevention programs.  
Languages: Spanish & English.

### **Jewish Family & Children's Services**

2150 Post  
San Francisco, CA 94115  
Phone: (415) 449-1200  
Fax: (415) 922-5938  
[www.jfcs.org](http://www.jfcs.org)

As part of the network of Jewish community services, the Agency helps promote Jewish continuity through the provision of preventive, educational, therapeutic, and supportive services, within the context of historic Jewish values, emphasizing inter-generational ties and community responsibility.

### **♥ Larkin Street Youth Center**

1138 Sutter Street  
San Francisco, CA 94109  
Phone: (415) 673-0911 or (800) 669-6196  
Fax: (415) 749-3838  
E: [mail@larkinstreetyouth.org](mailto:mail@larkinstreetyouth.org)  
[www.larkinstreetyouth.org](http://www.larkinstreetyouth.org)

Larkin Street Youth Services offers a comprehensive continuum of services for youth between the ages of 12-23. These services include a drop-in center, a clinic-including HIV services, case management, support groups, education assistance, referrals, and employment services. They also have an Outreach Team that frequents most areas of the city each week.

### **LYRIC (Lavender Youth Recreation and Information Center)**

123-127 Collingwood St

San Francisco, CA 94114  
Phone: (415) 703-6150  
Youth Talk Line: (800) 246-pride  
Fax: (415) 703-6153  
E: [lyric@lyric.org](mailto:lyric@lyric.org)  
[www.lyric.org](http://www.lyric.org)

LYRIC provides a number of peer-led programs for gay, lesbian, bisexual, transgender, and questioning youth. They include a youth-talk line, discussion groups, a wellness program, job training, HIV prevention education, and varying after school groups.

### **Make-A-Wish Foundation**

120 Montgomery Street, Suite 1080  
San Francisco, CA 94104  
Phone: (415) 982-9474 or (800) 464-9474  
Fax: (415) 982-0444  
[www.wish.org](http://www.wish.org)

Make-A-Wish is a national organization whose mission is to grant the wishes of children with life-threatening medical conditions.

### **Mission Neighborhood Health Center -Latinos en Extasis Youth Program**

240 Shotwell Street  
San Francisco, CA 94110  
Phone: (415) 552-3870  
Fax: (415) 552-3446  
[www.sfccc.org/clinics/mnhc.htm](http://www.sfccc.org/clinics/mnhc.htm)

Latinos en Extasis clinic serves Latino youth, ages 13-17 in the Mission. They provide peer-led youth groups, HIV/STD and pregnancy prevention education teams.

### **New Generations Health Center**

625 Potrero Avenue  
San Francisco, CA 94110  
Phone: (415) 502-TEEN  
Fax: (415) 502-7566  
Primary, bi-lingual health care services for teens.

### **Q Action-Stop AIDS Project**

2128 15<sup>th</sup> Street  
San Francisco, CA 94114  
Phone: (415) 575-0150  
Fax: (415) 575-0166  
[www.stopaids.org](http://www.stopaids.org); [www.hivstopswithme.org](http://www.hivstopswithme.org)

They provide workshops, media campaigns, and ongoing events that address specific topics of interest for gay and bi men 25 and under.

### **San Francisco School of Circus Arts**

755 Frederick  
San Francisco, CA 94117  
Phone: (415) 759-8123

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

Circus Center has a new program specifically for at-risk youth. This project has been designed to bring young people from widely divergent backgrounds together to learn circus skills, and in the process to help them develop self-confidence, self-esteem, discipline, and teamwork skills.

### **SHARE Project-Dance Safe's local SF Chapter**

PMB #208

39270 Paseo Padre Pkwy

Fremont, CA 94538

Phone: (510) 835-5837

Voice line: (877) PILL-TEST (745-5837)

[www.shareproject.net/about.html](http://www.shareproject.net/about.html)

SHARE Project is the San Francisco Bay Area chapter of DanceSafe. They are made up of an eclectic group of enthusiastic volunteers. They are a peer-based group seeking to empower young people to do their own research and find answers for themselves.

### **Sojourner Truth Foster Family Service Agency**

3450 Third Street, Bldg. 1C, 2nd Floor

San Francisco, CA 94124

Phone: (415) 647-0662

Fax: (415) 920-0994

Sojourner truth offers information and referrals; drop-in services; substance use workshops; domestic violence workshop; effective black parenting classes; crisis intervention; family advocacy; after school tutorial; food pantry.

### **Special Programs for Youth**

375 Woodside, Bldg. W-3

San Francisco, CA 94127

Phone: (415) 753-7760

Special Programs for Youth provides health care specifically designed for youth under 19 years old at four locations in the Bay Area; Cole Street Youth Clinic, SF Youth Guidance Center, Larkin Street Youth Services and the Log Cabin Ranch in La Honda near San Jose.

### **TALK LINE Family Support Center-Child Abuse Prevention Program**

1757 Waller Street

San Francisco, CA 94117

Phone: (415) 387-3684

Talk Line: (415) 441-KIDS (24 hours)

Fax: (415) 386-0959

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

Talk-line, parent drop-in and playroom, home visits, respite care substance use services, economic self-sufficiency and counseling and therapy, support groups, job club, single parent network, anger management and 12-step meetings.

Populations Served: Any parent or caretaker of a child under 18.

Languages: English and Spanish by appointment.

Experience with Sex Workers: Occasional clients.

Internships: Economic Self Sufficiency Program which includes independent and group support, workshops and referrals for job training and transitioning to the "work world." Job retention support, mentorship and job training available.

**Teen Crisis Line (La Casa de las Madres)**

Phone: (877) 923-0700

For mothers or pregnant women under 18 who have been battered or threatened. Call for a referral to emergency shelters, counseling, education, legal help & health care. Childcare and parenting classes available.

Languages: Spanish & English.

**T.H.E. Center for Youth**

1122A Sutter Street

San Francisco, CA 94109

Phone: (415) 346-8316

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

They provide youth development, health and HIV education on-site, in the community and schools and offer peer educator trainings.

**Vietnamese Youth Development Center**

150 Eddy Street

San Francisco, CA 94102

Phone: (415) 771-2600

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

The Peer Resource Group uses the arts to address personal development and community issues among its diverse constituency of low-income Vietnamese, Chinese, Filipino, Cambodian and Laotian refugee youth who live in San Francisco's inner city, Tenderloin District.

**Walden House Adolescent Unit**

214 Haight Street

San Francisco, CA 94102

Phone: (415) 554-1480

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

Short and long-term residential programs (from 90 days to 18 months) for youth ages 12-17 with a referral from the Department of Social Services, Departments of Mental Health or Juvenile Probation.

## DENTAL SERVICES

### **SF Dental Society Hotline**

Phone: (415) 421-1435

If you have dental insurance.

### **DentiCal**

Phone: (800) 322-6384

If you have Denti-cal.

### **Department of Public Health, Dental Services-San Francisco County residents with no insurance.**

~Portrero Hill Health Center

1050 Wisconsin St(23<sup>rd</sup> ST)

San Francisco, CA 94110

Hours: 8:30am-4pm M-F

Drop-in: 8:30am only on M, W, Th, F

~Southeast Health Center

2401 Keith Street

San Francisco, CA 94124

Phone: (415) 715-4066

8-5pm M-F

Drop-in Between 8-10am only on M,T, Th, F

Languages: Spanish, Chinese & English.

### **For children:**

~Chinatown Health Center

1490 Mason Street

San Francisco, CA

Phone: (415) 705-8536

Hours: 8am-5pm, M-Th

~Ocean Park Health Center

1351 24<sup>th</sup> Avenue

San Francisco, CA 94124

Phone: 753-8131

Hours: 8:30am-4pm. M-F

~Silver Avenue Family Health Center

1525 Silver Avenue

San Francisco, CA

Phone: (415) 715-0330

Hours: 8am-5pm. M-Th

**Other discounted dental services-you do not need to be a San Francisco County resident to qualify for these services.**

**Northeast Medical Service**

1520 Stockton Street

San Francisco, CA

Phone: (415) 391-9686

Serves adult and children, they do free screenings and give discounts to clinic members. Many Asian languages spoken.

**UCSF Dental Clinic**

707 Parnassus Avenue, 1<sup>st</sup> Floor

San Francisco, CA (415) 476-1891

Appointments: (415) 476-1891, 8:30am-5pm, M-F

Emergencies: (415) 476-5814, 8:30-1:30pm, no appointment necessary.

Oral Surgery: (415) 476-1316

Fees are up to 1/3 less than private dental clinics, MediCal is accepted.

**UCSF Family Dental Clinic**

1001 Portrero Avenue

Building 20, 2<sup>nd</sup> Floor

San Francisco, CA

Phone: (415) 476-5692

Serves adults and children. Accepts MediCal for dental and has fixed, discounted fees. UCSF makes the least expensive dentures in San Francisco.

**University of the Pacific Dental School**

2155 Webster Avenue

San Francisco, CA

Phone: (415) 929-6500

Hours: 8:30am-5pm, M-F

30-40% less than private dental services.

**Veteran's Hospital Dental Services**

42<sup>nd</sup> Avenue and Clement Street

San Francisco, CA

Phone: (415) 221-4810, ext. 2046

Services for eligible veterans only.

**Other Counties:**

**Highland Hospital**

Department of Dental & Oral Surgery

1411 East 31<sup>st</sup> Street

Oakland, CA

Phone: (415) 437-4473

**San Mateo General Hospital**

222 West 39<sup>th</sup> Avenue

San Mateo, CA  
Oral Surgery Department  
Phone: (415) 573-3053

## **DOMESTIC VIOLENCE, RAPE AND SEXUAL ASSAULT, & VIOLENCE PREVENTION SERVICES**

Violence and/or harassment in any workplace are never acceptable. Violence can take many forms—abusive communication, intimidation or bullying, as well as physical abuse, sexual abuse or harassment, and stalking. Abusive or violent situations may arise through working with clients, and in some cases, from co-workers, management, or police. Being on the receiving end of any form of abuse can affect different people in different ways. Physical and emotional reactions to violence or abuse may appear some time after the actual event. Additionally, other workers may be adversely affected by the abuse of one of their co-workers. **If you like you are in immediate danger, call 911.**

If you or someone you know is being or has been abused or assaulted, or if you have any questions about assault or violence and what to do about it, you should call the District Attorney's Victim Witness Assistance Program at (415) 553-9044. All information shared with an advocate is confidential unless specifically required by law to be disclosed. The victim witness advocates job is to help end assault or violence in your life, not to obtain information that could be used against you in favor of the case.

### **Adult Protective Services**

San Francisco Department of Public Health  
P.O. Box 7988  
San Francisco, CA 94120  
Phone: (415) 557-5230

### **Asian Perinatal Advocates**

1001 Potrero Avenue, MS6E  
San Francisco, CA 94110  
Phone: (415) 206-5450  
Fax: (415) 206-4778  
[www.apasfgh.org](http://www.apasfgh.org)

Home visitation to at-risk Asian families with children 0-5; parenting education and victim support services.

### **Asian Women's Shelter**

3543 18th Street, #19  
San Francisco, CA 94110  
Phone: (415) 751-7110  
24-hr crisis line: (415) 751-0880  
Fax: (415) 751- 0806  
[www.sfaws.org](http://www.sfaws.org)

Counseling, advocacy, emergency shelter and support services for female survivors of domestic violence and their children. Specialized services for non-English speaking Asian women and their children.

### **Bayview Hunter's Point Foundation**

4301 3rd Street

San Francisco, CA 94124

Phone: (415) 648-5785

Bayview Hunter's Point Foundation is a neighborhood-based primary prevention program designed to reduce the incidence of intentional traumatic injury in three neighborhoods. Specific community mobilization and policy/advocacy strategies include the establishment of Neighborhood Youth and Adult Councils, Peace Leadership Education and Violence Prevention Work Projects.

### **Center for Special Problems**

1700 Jackson Street

San Francisco, CA 94109

Phone: (415) 292-1500

Fax: (415) 292-2030

Public Health department mental health services for trauma survivors and perpetrators.

Languages: English, Spanish and Cantonese.

### **♥Community United Against Violence**

160 14<sup>th</sup> Street

San Francisco, CA 94103

Phone: (415) 777-5500

Fax: (415) 777-5565

24-hour crisis line: (415) 333-HELP (4357)

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

24-hour support line for survivors of LGBT violence. Hate violence advocacy and counseling, domestic violence advocacy and counseling. LGBT sensitivity training and domestic violence education.

Populations Served: Lesbian, gay, bisexual, transgender, queer, questioning and youth.

Languages: Spanish, Cantonese & English.

Experience with Sex Workers: Workers have undergone in-service training with St. James Infirmary.

They have Sex Workers as clients and do advocacy for Sex Workers in conjunction with Exotic Dancers Alliance.

### **Cooperative Restraining Order Clinic**

Phone: (415) 252-2844

The Cooperative Restraining Order Clinic (CROC) helps women survivors of domestic violence in San Francisco obtain restraining orders against their abusers at the Woman's Building and at Bay Area Legal AID. Please call the number above for clinic hours.

### **Domestic Violence Anonymous**

333 Valencia Street

San Francisco, CA 94110

Phone: (415) 681-4850

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

Domestic Violence Anonymous is a 12-step program for women and men who, through shared experience, strength, hope and honesty are recovering from domestic violence.

### **Donaldina Cameron House**

920 Sacramento Street  
San Francisco, CA 94108  
Phone: (415) 781-0401  
Fax: (415) 781-0605  
[www.cameronhouse.org](http://www.cameronhouse.org)

The Donaldina Cameron House is a faith based community organization that provides assistance to the youth, adults and families of the Asian community in San Francisco through counseling, peer group support, crisis intervention, leadership development and education. Languages: Cantonese, Mandarin, Shanghainese, Vietnamese and English.

### **©La Casa De Las Madres**

1850 Mission Street, Ste. B  
San Francisco, CA 94103  
Phone: (415) 503-0500  
Adult crisis line: (415) or toll free: (877) 503-1850  
Teen crisis line: (415) or toll free: (877) 923-0700  
[www.lacasa.org](http://www.lacasa.org)

La Casa de las Madres offers two crisis lines and an emergency residential shelter to women, teens and children survivors of domestic violence while providing counseling and family-based services and referrals.

Languages: English, Spanish, Tagalog & French, they also utilize the “Language Line”, if necessary.

### **Manalive Violence Prevention Programs**

3338 17<sup>th</sup> Street, Suite 202  
San Francisco, CA 94110  
Phone: (415) 861-8614 or toll free: (866) manalive  
Fax: (415) 861-8621  
24-hr hotline: (415) 924-1070  
[www.manaliveinternational.org](http://www.manaliveinternational.org)

*Manalive* Violence Prevention Programs goal is to help men stop their violence and recruit successful graduates of their programs to become community violence prevention and restoration activists.

### **MOVE-Men Overcoming Violence Youth Program**

1385 Mission Street  
San Francisco, CA 94103  
Phone: (415) 626-6683, ext. 314  
Fax: (415) 777-3407  
[www.preventviolence.org/whatworks/strategies/move.html](http://www.preventviolence.org/whatworks/strategies/move.html)

The Youth Program provides comprehensive intervention and prevention through wrap-around services and accountability strategies for young male batterers, many of who are victims of, as well as perpetrators of, domestic violence.

### **National Domestic Violence Hotline**

24-hr crisis line: (877) 799-7233  
TTY: (800) 787-3224  
[www.ndvh.org](http://www.ndvh.org)

NDVH provides crisis intervention and information about domestic violence and referrals to local service providers to victims of domestic violence and those calling on their behalf.

**P.O.C.O.V.I.**

474 Valencia, Suite 150  
San Francisco, CA 94103  
Phone: (415) 552-1361  
Crisis: (415) 244-6904  
Fax: (415) 552-1361

Provides peer support and counseling classes, in Spanish, for men (particularly Latino's) who are batterers, to stop the cycle of violence.

**©Riley Center Community Office**

3543 18<sup>th</sup> Street, #4  
San Francisco, CA 94110  
Phone: (415) 552-2943  
Crisis Line: (415) 255-0165

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

The Riley Center offers safe and confidential services for any woman in an abusive relationship and her children through the Rosalie House, Brennan House, and the Community Office.

**SAGE Project**

1275 Mission Street  
San Francisco, CA 94103  
Phone: (415) 905-5050  
Fax: (415) 905-5054

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

Services: Drug recovery and trauma reduction, case management, harm reduction and drug recovery, psychotherapy, acupuncture and herbs, peer counseling support to work within the sex industry, or to leave the industry if desired.

Populations Served: Men, women, trans-gendered individuals and girls.

Languages: Spanish, Russian, Vietnamese, Tagalog, some Chinese and English.

Experience with Sex Workers: Many of the staff are former Sex Workers and substance users. They have extensive experience with Sex Workers and a majority of their clients have been in the industry.

Internships: They have outreach worker training and internships available working in administration and with youth and adults.

**San Francisco District Attorney's Office—Family Violence Project**

850 Bryant Street, Room 320  
San Francisco, CA 94103  
Phone: (415) 553-1865  
Fax: (415) 553-1034

Advocacy for victims in the criminal justice system; training for criminal justice personnel and community outreach and education.

**♥San Francisco District Attorney's Office—Victim services**

850 Bryant Street, room 320

San Francisco, CA 94103

Phone: (415) 553-9044

Fax: (415) 553-1034

Legal advocacy, crisis intervention, emergency assistance, orientation to the criminal justice system, court accompaniment, victim impact statement assistance, resources and referrals, assistance with victim compensation applications, case status disposition and follow up counseling.

Population Served: Anyone who is a victim of a violent crime may access services.

Languages: Spanish, Cantonese, Mandarin, Vietnamese, Cambodian, Italian, Russian, and Armenian & English.

Experience with Sex Workers: They do provide services to Sex Workers who have been victims of violent crimes. Their staff receives regular trainings on the needs of Sex Workers who are clients.

Internships: They have an intensive internship program; call them if interested.

### **San Francisco Night Ministry**

1031 Franklin Street

San Francisco, CA 94109

Phone: (415) 986-1464

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

SF Night Ministry's crisis call volunteers provide counseling and referral services for anyone in crisis from 10:00 p.m. to 4:00 a.m. They also perform outreach in the downtown areas of San Francisco, but are willing to travel in some cases.

### **San Francisco School of Circus Arts**

755 Frederick

San Francisco, CA 94117

Phone: (415) 759-8123

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

SFSCA offers a program called "Aviatrix" for women who have experienced violence in their lives. This class provides training in basic circus skills and clowning to help participants in their recovery processes.

### **©San Francisco Women Against Rape**

3543 18<sup>th</sup> Street

San Francisco, CA 94110

Phone: (415) 861-2024

Crisis: (415) 647-RAPE (7273)

Fax: (415) 861-2092

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

SFWAR offers direct services to support survivors of rape and sexual assault, their friends and family members in the form of a 24-hour crisis line, medical & legal advocacy as well as counseling. They also provide adult and teen prevention and education in the form presentations, community outreach and in written materials. They offer these services in a variety of languages: English, Spanish, Cantonese, Mandarin, Vietnamese, Tagalog, Japanese, Korean, Portuguese, Arabic, Farsi, Tamil, Krio, French and American Sign Language.

**Shalom Bayit**

3543 18th St. #10  
San Francisco, CA 94110  
Phone: (510) 451-8874  
[www.shalom-bayit.org](http://www.shalom-bayit.org)

A grassroots organization dedicated to empowering Jewish women that are survivors of domestic violence, educating the Jewish community and promoting Jewish issues with the Domestic Violence movement.

**Sojourner Truth Foster Family Service Agency**

3450 Third Street, Bldg. 1C, 2nd Floor  
San Francisco, CA 94124  
Phone: (415) 647-0662  
Fax: (415) 920-0994

Sojourner truth offers information and referrals; drop-in services; substance use workshops; domestic violence workshop; effective black parenting classes; crisis intervention; family advocacy; after school tutorial; food pantry.

**Survivors of Incest Anonymous**

[www.siaawso.org](http://www.siaawso.org)  
Phone: (510) 652-3014

**Trauma Recovery & Rape Treatment Center**

2727 Mariposa Street, Suite 100  
San Francisco, CA 94110  
Phone: (415) 437-3000  
Fax: (415) 437-3020

They provide culturally sensitive medical and mental health care for adults who have experienced traumatic events/injuries in their lives.

**W.O.M.A.N., Inc.**

333 Valencia Street, Suite 251  
San Francisco, CA 94103  
Phone: (415) 864-4777  
Crisis: (415) 864-4722 or toll free: (877) 384-3578  
Fax: (415) 864-1082

Women Organized to Make Abuse Nonexistent, Inc. is a community-based, multi-service agency, bi-lingual organization serving female survivors of domestic violence in the Bay Area. They provide a 24-hour crisis line, legal assistance, individual and group counseling, community education and outreach, a Latina program, and a Lesbian Domestic Violence Program.

## EDUCATION AND SKILL BUILDING SERVICES

### **Academy of Art College**

79 New Montgomery Street  
San Francisco, CA 94105  
Phone: (415) 274-2222  
[www.academyart.edu](http://www.academyart.edu)

### **Acupressure Institute**

1533 Shattuck Avenue  
Berkeley, CA 94709  
Phone: (510) 845-1059  
[www.acupressure.com](http://www.acupressure.com)

### **Acupuncture & Integrative Medicine College, Berkeley**

2550 Shattuck Avenue  
Berkeley, CA 94704  
Phone: (510) 666-8248  
Fax: (510) 666-0111  
[www.aic-berkeley.edu](http://www.aic-berkeley.edu)

### **Alliant International University**

2728 Hyde Street, 100  
San Francisco, CA 94109  
Phone: (415) 346-4500  
[www.alliant.edu](http://www.alliant.edu)

### **American College of Early Childhood Education**

760 Market  
San Francisco, CA 94102  
Phone: (415) 677-9717  
[www.nannycollege.com](http://www.nannycollege.com)

### **♥American College of Traditional Chinese Medicine**

450 Connecticut Street  
San Francisco, CA 94107  
Phone: (415) 282-9603  
[www.ACTCM.edu](http://www.ACTCM.edu)

### **American School of Professional Psychology**

999 Canal Blvd.  
Point Richmond, CA 94804  
Phone: (510) 215-0277

### **Art Institute of California, San Francisco**

1170 Market Street  
San Francisco, CA 94102

Phone: (415) 865-0198  
[www.aisf.artinstitutes.edu](http://www.aisf.artinstitutes.edu)

**Body Electric School**

6527A Telegraph Ave.  
Oakland, CA 94609-1113  
Phone: (510) 653-1594  
Fax: (510) 653-4991  
[www.bodyelectric.org](http://www.bodyelectric.org)

Body Electric is a school of the healing arts committed to helping people experience their potential as healers of self and others through touch, conscious breath, and honoring the wisdom of the body.

**Cabrillo College**

6500 Soquel Drive  
Aptos, CA 95003  
Phone: (831) 479-6100  
[www.cabrillo.edu](http://www.cabrillo.edu)

**California College of the Arts**

1111 8th Street  
San Francisco, CA 94107  
Phone: (415) 703-9500  
[www.ccarts.edu](http://www.ccarts.edu)

**California Culinary Institute**

625 Polk Street  
San Francisco, CA 94102  
Phone: (800) 229-2433  
[www.baychef.com](http://www.baychef.com)

**California Institute of Integral Studies**

1453 Mission Street  
San Francisco, CA 94110  
Phone: (415) 575-6100  
[www.ciis.edu](http://www.ciis.edu)

**California School of Professional Psychology**

1005 Atlantic Ave.  
Alameda, CA 94501  
Phone: (510) 523-2300  
[www.alliant.edu](http://www.alliant.edu)

**California State University at Hayward**

25800 Carlos Bee Blvd.  
Hayward, CA 94542  
Phone: (510) 885-3000  
[www.csuhayward.edu](http://www.csuhayward.edu)

**California State University-Hayward (Contra Costa Campus)**

4700 Ygnacio Valley Road  
Concord, CA 94521  
Phone: (925) 602-6700  
[www.ccccsuhayward.edu](http://www.ccccsuhayward.edu)

**California State University- Monterey Bay**

100 Campus Center  
Seaside, CA 93955  
Phone: (831) 582 3330  
[www.csumb.edu](http://www.csumb.edu)

**California Student Aid Commission**

P.O. Box 419026  
Rancho Cordova, CA 95741  
Phone: (916) 526-7590  
Fax: (916) 526-8002  
[www.csac.ca.gov](http://www.csac.ca.gov)

**Canada Community College**

4200 Farm Hill Blvd.  
Redwood City, CA 94061  
Phone: (650) 306-3100  
[www.canadacollege.net](http://www.canadacollege.net)

**CTWO-Center for Third World Organizing**

1218 E. 21<sup>st</sup> Street  
Oakland, CA 94606  
Phone: (510) 533-7583  
Fax: (510) 533-0923  
[www.ctwo.org](http://www.ctwo.org)

The Center for Third World Organizing (CTWO, pronounced "C-2") is a racial justice organization dedicated to building a social justice movement led by people of color. CTWO is a 20-year-old training and resource center that promotes and sustains direct action organizing in communities of color in the United States.

**Chabot College**

25555 Hesperian Blvd.  
Hayward, CA 94545  
Phone: (510) 723-6600  
[www.chabotweb.clpccd.cc.ca.us](http://www.chabotweb.clpccd.cc.ca.us)

**City College of San Francisco**

50 Phelan Avenue  
San Francisco, CA 94102  
Phone: (415) 239-3285  
[www.ccsf.cc.ca.us](http://www.ccsf.cc.ca.us)

**College of Alameda**

555 Atlantic Avenue  
Alameda, CA 94501  
Phone: (510) 522-7221  
[www.peralta.cc.ca.us](http://www.peralta.cc.ca.us)

**College of Marin**

835 College Avenue  
Kentfield, CA 94904  
Phone: (415) 457-8811  
[www.marin.cc.ca.us](http://www.marin.cc.ca.us)

**College of San Mateo**

1700 West Hillsdale  
San Mateo, CA 94402  
Phone: (650) 574-6161  
[www.gocsm.net](http://www.gocsm.net)

**©Compass Point Nonprofit Services**

706 Mission Street, 5th Floor  
San Francisco, CA 94103 USA  
Phone: 415-541-9000  
Fax: 415-541-7708  
[www.compasspoint.org](http://www.compasspoint.org)

Compass Point Nonprofit Services is a nonprofit training, consulting and research organization. Through a broad range of services, they provide nonprofits, and the people who work for them, with management tools, concepts and strategies necessary to shape change in their communities.

**Contra Costa Community College**

2600 Mission Bell Drive  
San Pablo, CA 94806  
Phone: (510) 235-7800  
[www.contracosta.cc.ca.us](http://www.contracosta.cc.ca.us)

**Diablo Valley College**

321 Golf Club Rd.  
Pleasant Hill, CA 94523  
Phone: (925) 685-1230  
[www.dvc.edu](http://www.dvc.edu)

**Dominican University of California**

50 Acacia Avenue  
San Rafael, CA 94901  
Phone: (415) 457-4440

[www.dominican.edu/home.cfm](http://www.dominican.edu/home.cfm)

**Evergreen Valley College**

3095 Yerba Buena Rd.

San Jose, CA 95135

Phone: (408) 274-7900

[www.evc.edu](http://www.evc.edu)

**Fashion Institute of Design & Merchandising**

55 Stockton

San Francisco, CA 94108

Phone: (415) 675-5200 or (800) 422-3436

Fax: (415) 296-7299

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

**Foothill-De Anza College**

21250 Stevens Creek Blvd.

Cupertino, CA 95014

Phone: (408) 864-5678

[www.fhda.edu](http://www.fhda.edu)

**The Foundation Center**

312 Sutter Street, #606,

San Francisco, CA 94108-4323

Phone: (415) 397-0902

Fax: (415) 397-7670

[www.fdncenter.org/sanfrancisco](http://www.fdncenter.org/sanfrancisco)

The Center is dedicated to serving grant-seekers, grant-makers, researchers, policymakers, the media, and the general public. They provide education and training on the grant-seeking process.

**Golden Gate University**

536 Mission Street

San Francisco, CA 94105

Phone: (415) 442-7000

Toll: (800) 448-4968

[www.ggu.edu](http://www.ggu.edu)

**♥Hastings Law School-University of California**

198 McAllister Street

San Francisco, CA 94102

Phone: (415) 565-4600

[www.uchastings.edu](http://www.uchastings.edu)

**♥Institute for Advanced Study of Human Sexuality**

1523 Franklin Street

San Francisco, CA 94109

Phone: (415) 928-1133

[www.iashs.edu](http://www.iashs.edu)

The mission of IASHS is to provide a graduate course of study for persons considering and preparing for careers in human sexuality or who are already working in the field. The Institute offers five graduate degree programs. They also provide a variety of Certificate Programs.

**©Institute for Community Health Outreach**

2017 Mission 2<sup>nd</sup> Floor  
San Francisco, CA 94110  
Phone: (415) 552-4246  
Fax: (415) 552-4273

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

Provides comprehensive trainings for community health outreach workers (CHOW's) dedicated to health promotion and disease prevention.

**Jean Sheldon Acting School**

533 Sutter  
San Francisco, CA 94102  
Phone: (415) 433-1226

**John F. Kennedy University**

12 Altarinda Road  
Orinda, CA 94563  
Phone: (925) 254-0200

[www.jfku.edu](http://www.jfku.edu)

**Laney College**

900 Fallon Street  
Oakland, CA 94607  
Phone: (510) 834-5740

[www.peralta.cc.ca.us/laney/laney.htm](http://www.peralta.cc.ca.us/laney/laney.htm)

**Las Positas College**

3033 Collier Canyon Road  
Livermore, CA 94550  
Phone: (925) 373 5800

[www.clpccd.cc.ca.us/lpc](http://www.clpccd.cc.ca.us/lpc)

**Lincoln University**

401 15th Street  
Oakland, CA 94612  
Phone: (510) 628-8010

[www.lincolnuca.edu](http://www.lincolnuca.edu)

**Los Medanos College**

2700 E. Leland Road  
Pittsburg, CA 94565  
Phone: (925) 439-2181

[www.losmedanos.net](http://www.losmedanos.net)

**McKinnon Institute of Professional Massage and Body Work**

2940 Webster Street

Oakland, CA 94609

Phone: (510) 465-3488

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

**♥Media Alliance**

942 Market Street, Suite 503

San Francisco, CA 94102

Phone: (415) 546-6334

Fax: (415) 546-6218

[www.media-alliance.org](http://www.media-alliance.org)

Media Alliance is a 25-year-old non-profit training and resource center for media workers, community organizations, and political activists.

**Merritt College**

12500 Campus Drive

Oakland, CA 94619

Phone: (510) 531-4911

[www.merritt.edu](http://www.merritt.edu)

**Mills College**

5000 Macarthur Blvd.

Oakland, CA 94613

Phone: (510) 430-2255

[www.mills.edu](http://www.mills.edu)

**Miss Marty's School of Beauty & Hairstyling**

1087 Mission

San Francisco, CA 94102

Phone: (415) 227-4240

[www.missmarty's.com](http://www.missmarty's.com)

**Mission College**

3000 Mission College Blvd.

Santa Clara, CA 95054

Phone: (408) 988 2200

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

**Napa Valley College**

2277 Napa Vallejo Highway

Napa, CA 94558

Phone: (707) 253-3000

[www.nvc.cc.ca.us](http://www.nvc.cc.ca.us)

**National Hispanic University**

14271 Story Road

San Jose, CA 95127  
Phone: (408) 254-6900  
Fax: (408) 254-1369  
[www.nhu.edu](http://www.nhu.edu)

**National Holistic Institute School of Massage**

5900 Hollis Street, Suite J  
Emeryville, CA 94608  
Phone: (510) 547-6442  
[www.nhimassage.com](http://www.nhimassage.com)

**Natural Resources Labor Assistant (Doula) Training Program**

816 Diamond Street (at 24th street)  
San Francisco, CA  
Phone: (415) 550-2611  
[www.naturalresourcesonline.com](http://www.naturalresourcesonline.com)

**♥New College of California**

777 Valencia Street  
San Francisco, CA 94110  
Phone: (415) 437-3460  
[www.newcollege.edu](http://www.newcollege.edu)

**Notre Dame de Namur University**

1500 Ralston Avenue  
Belmont, CA 94002  
Phone: (650) 593-1601  
Fax: (650) 508-3660  
[www.ndnu.edu](http://www.ndnu.edu)

**Oakland Institute of Automotive Technology**

2600 West Street  
Oakland, CA 94612  
Phone: (510) 272-9000

**Pacific Academy of Homeopathy**

1199 Sanchez  
San Francisco, CA 94102  
Phone: (415) 695-2710  
[www.homeopathy-academy.org](http://www.homeopathy-academy.org)

**Pacific Graduate School of Psychology**

940 E. Meadow Drive  
Palo Alto, CA 94303  
Phone: (650) 494-7477  
[www.pgsp.edu](http://www.pgsp.edu)

**Pacific Union College**

100 Howell Mountain Road North

Angwin, CA 94508

Phone: (707) 965-6311

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

**Peralta Community Colleges**

333 East 8th Street

Oakland, CA 94606

Phone: (510) 466-7200

[www.peralta.cc.ca.us](http://www.peralta.cc.ca.us)

**Professional Bartender's School**

55 New Montgomery,

San Francisco, California 94103

Phone: (800) 736-1001

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

**Project Read Adult Literacy Program**

S.F. Public Library, Civic Center

San Francisco, CA 94102

Phone: (415) 557-4388

**Samuel Merritt College School of Nursing, Physical & Occupational Therapy**

370 Hawthorne Avenue

Oakland, CA 94609

Phone: (510) 869-6511

[www.caohwy.com/h/hx122296.htm](http://www.caohwy.com/h/hx122296.htm)

**San Francisco Art Institute**

800 Chestnut Street

San Francisco, CA 94133

Phone: (415) 771-7021

[www.sfai.edu](http://www.sfai.edu)

**San Francisco Conservatory of Music**

1201 Ortega Street

San Francisco, CA 94122

Phone: (415) 564-8086

[www.sfcm.edu](http://www.sfcm.edu)

**San Francisco Dental Technician College**

414 33<sup>rd</sup> avenue

San Francisco, CA 94121

Phone: (415) 752-0889

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

**San Francisco Institute of Architecture and Ecological Design**

P.O. Box 749  
Orinda, CA 94563  
Phone: (925) 299-1325  
Fax: (510) 523-5175  
[www.sfia.net](http://www.sfia.net)

**San Francisco International Student Center**

1188 Folsom Street  
San Francisco, CA 94103  
Phone: (415) 255-8800  
Fax: (415) 487-1463

**San Francisco Lock School**

4002 Irving  
San Francisco, CA 94102  
Phone: (415) 566-5545

**San Francisco School of Circus Arts**

755 Frederick  
San Francisco, CA 94117  
Phone: (415) 759-8123  
[www.circuscenter.org](http://www.circuscenter.org)

The School offers training for adults and children in recreational, pre-professional and professional circus arts.

**San Francisco School of Massage**

1327 A Chestnut Street  
San Francisco, CA 94123  
Phone: (415) 474-4600  
[www.sfsm.net](http://www.sfsm.net)

**San Francisco State University**

1600 Holloway Avenue  
San Francisco, CA 94132  
Phone: (415) 338-1111  
[www.sfsu.edu](http://www.sfsu.edu)

**San Jose City College**

2100 Moorpark Ave.  
San Jose, CA 95128  
Phone: (408) 298-2181  
[www.sjcc.edu](http://www.sjcc.edu)

**San Jose State University**

One Washington Square  
San Jose, CA 95192  
Phone: (408) 924-1000

[www.sjsu.edu](http://www.sjsu.edu)

**San Mateo County Community College District**

3401 College San Mateo Drive

San Mateo, CA 94402

Phone: (650) 574-6500

[www.smccd.net](http://www.smccd.net)

**Santa Clara University**

500 El Camino Real

Santa Clara, CA 95053

Phone: (408) 554-4000

[www.scu.edu](http://www.scu.edu)

**Santa Rosa Junior College**

1501 Mendocino Avenue

Santa Rosa, CA 95401

Phone: (707) 527-4011

[www.santarosa.edu](http://www.santarosa.edu)

**Silicon Valley College**

41350 Christy Street

Fremont, CA 94538

Phone: (510) 623-9966

[www.siliconvalley.edu](http://www.siliconvalley.edu)

**Skyline Community College**

3300 College Drive

San Bruno, CA 94066

Phone: (650) 738-4100

[www.skylinecollege.net](http://www.skylinecollege.net)

**Solano Community College**

4000 Suisun Valley Road

Suisun, CA 94585

Phone: (707) 864-7000

[www.solano.edu](http://www.solano.edu)

**Sonoma State University**

1801 Cotati Avenue

Rohnert Park, CA 94928

Phone: (707) 664-2880

[www.sonoma.edu](http://www.sonoma.edu)

**St. Mary's College**

1928 St. Mary's Road

Moraga, CA 94575

Phone: (925) 631-4000

[www.stmarys-ca.edu](http://www.stmarys-ca.edu)

**Stanford University**

Stanford, CA 94305  
Phone: (650) 723-2300  
[www.stanford.edu](http://www.stanford.edu)

**University of California at Berkeley Boalt Hall-School of Law**

389 Simon Hall  
Berkeley, CA 94720  
Phone: (510) 643-4792  
[www.berkeley.edu](http://www.berkeley.edu)

**University of California at Berkeley, Graduate Admissions**

309 Sproul Hall  
Berkeley, CA 94720  
Phone: (510) 642-7404  
[www.berkeley.edu](http://www.berkeley.edu)

**University of California at Berkeley, Undergraduate Admissions**

110 Sproul Hall  
Berkeley, CA 94720  
Phone: (510) 642-3175  
[www.berkeley.edu](http://www.berkeley.edu)

**University of California at San Francisco-School of Dentistry**

707 Parnassus Avenue  
San Francisco, CA 94143  
Phone: (415) 476-1891  
[www.ucsf.edu](http://www.ucsf.edu)

**♥University of California at San Francisco-Stanford Medical Center**

505 Parnassus Avenue  
San Francisco, CA 94143  
Phone: (415) 476-1000  
[www.ucsf.edu](http://www.ucsf.edu)

**♥University of the Pacific, School of Dentistry**

2155 Webster Street  
San Francisco, CA 94115  
Phone: (415) 929-6400  
[www.dental.uop.edu](http://www.dental.uop.edu)

**University of San Francisco**

2130 Fulton Street  
San Francisco, CA 94117  
Phone: (415) 422-5555

[www.usfca.edu](http://www.usfca.edu)

**Vista Community College**

2020 Milvia Street  
Berkeley, CA 94704  
Phone: (510) 981-2800  
[www.vistacollege.edu](http://www.vistacollege.edu)

**West Valley-Mission Community College District**

14000 Fruitvale Ave.  
Saratoga, CA 95070  
Phone: (408) 855-5000  
[www.wvmccd.cc.ca.us](http://www.wvmccd.cc.ca.us)

**World School of Massage and Holistic Healing Arts**

401 32nd Avenue  
San Francisco, CA 94121  
Phone: (415) 221-2533  
Fax: (415) 221-0430  
[www.worldschools.com](http://www.worldschools.com)

## EMPLOYMENT ASSISTANCE

### **Sexual Discrimination and Harassment**

Both federal and California state laws prohibit discrimination based on sex. It is illegal for an employer to fire, fail to hire, or discriminate in any way against you with respect to your compensation or in terms, conditions, or privileges of employment because you are a man or a woman. These prohibitions on discrimination also apply to sex-based harassment. Harassment is a form of discrimination that occurs when a boss, supervisor, or co-worker subjects you to hostile, offensive or intimidating behavior because of your sex that is so severe or pervasive that it interferes with your ability to perform your job.

Title VII of the Civil Rights Act of 1964 ("Title VII"), the federal law that prohibits sex discrimination, applies to employers with 15 or more employees. The Fair Employment and Housing Act ("FEHA"), the California law, applies to employers with 5 or more employees (except in cases of harassment, in which case there is no minimum employer size).

### **Filing a Discrimination/Harassment Complaint**

If you are not able to resolve your situation informally, you can:

Follow your employer's grievance procedure, if your employer has one. You also can choose to file an employment discrimination complaint with the federal Equal Employment Opportunity Commission (EEOC) (sex discrimination only) or the California Department of Fair Employment and Housing (DFEH) (sex, sexual orientation, disability, political activity), which may investigate your complaint and try to resolve the problem. There is no charge to file a complaint, and you can do so without an attorney. You must file your complaint with the EEOC within 300 days, or with the DFEH within one year, of the last act of discrimination or harassment. If you do not file a complaint within these time limits, you may lose your right to legal protection from the discrimination or harassment.

Under state and federal law, it is illegal for a person or company to retaliate against you if you complain about discrimination or harassment in the workplace. Retaliation may include actions such as terminating you, moving you to less favorable assignments or shifts, making undeserved negative evaluations, or intensifying the original harassment. If anyone (including a co-worker or supervisor) retaliates against you for complaining about unlawful discrimination at your workplace, you can file a retaliation complaint with the EEOC or DFEH. That complaint is separate from the original discrimination complaint, if any, you made with the EEOC or DFEH.

If the EEOC or DFEH finds evidence of discrimination and is not able to reach a settlement between you and your employer, the agency may in rare occasions "prosecute" your case by holding a formal hearing or filing a lawsuit on your behalf. If the EEOC or DFEH chooses not to prosecute your case, you will receive a "right to sue" notice from the agency. (You also can request a right to sue notice at any point in the agency's investigation process, which will stop the agency's investigation and enable you to proceed directly with a lawsuit). Only after you receive a right to sue letter can you file your own lawsuit in court. If you get a right to sue notice from the EEOC, you must file a lawsuit within 90 days. If you get a right to sue notice from the DFEH, you must file a lawsuit within one year of the date of the notice. If you do not file a lawsuit within these time limits, you may lose your legal right to file a lawsuit regarding the discrimination or harassment.

**EEOC:** To file a complaint with the EEOC, contact the nearest Equal Employment Opportunity Commission field office. To be automatically connected with the nearest office, call (800) 669-4000. EEOC website: [www.eeoc.gov](http://www.eeoc.gov)

**DFEH:** To file a complaint with the DFEH, call the Communication Center at (800) 884-1684 to make an appointment. DFEH website: [www.dfeh.ca.gov](http://www.dfeh.ca.gov)

**Important:** Keep copies of all important letters and documents that you send to your employer or that your employer sends to you. If in doubt, do not sign anything without legal advice, especially documents that require you to agree to waive your right to bring a complaint, or require you to arbitrate disputes with your employer.

*(Employment Law Center; a Project of the Legal Aid Society of San Francisco, 2001)*

### **How To File For Back Wages & Return of “Stage Fees” or Management Appropriated Tips**

Any employee who has a claim against her/his employer or former employer for unpaid wages or other compensation, may file with the Division of Labor Standards and Enforcement of the State Labor Commission.

Obtain an initial report or claim form from the State Labor Commission office in your area (look in the phone book in the government section under Division of Labor Standards and Enforcement, Labor Commission, or Department of Industrial Relations). Provide the following information as accurately as possible:

#### **Claimant Information –**

- Your name, social security number, number of tax exemptions claimed (may not apply if wages were not received), address, home and work phone numbers, occupation, date of hire, CA driver’s license number, date of birth, work site address.

#### **Work Information –**

- Name and address of business, employer’s name (if known), telephone number, name of manager, type of business, estimated number of employees (include all workers on site).

#### **Wages/Conditions of Employment –**

- Rate of pay (if hourly wages were never paid, write “N/A”), paid by piece rate (do not rely on employer’s definition of a piece rate system, write “N/A”), split shifts (may not apply), total hours worked per day and per week (use these figures to calculate gross wages claimed), paid overtime (time and a half for each hour worked beyond 8 hours per shift), written agreement, still working for employer, 72 hour notice given if quit, paid at time of discharge (wages, not tips), requested wages to be paid, record of hours worked (can be personal calendar, stage fee receipts, or employer contracts), how you were paid (if paid in cash, write ‘by patrons’), uniform/tools required (can be make-up, costumes, music, etc.).

#### **Gross Wages Claimed –**

- Period of employment (how long you worked for the company), number hours/days/weeks/or months claimed (may go back up to three years from the date that you file this claim), rate of pay (amount of hourly wage per hour or minimum wage if

unpaid; amount of stage fees/commissions/ or quotas paid each day), subtotal (total paid or unpaid wages + total paid stage fees), subtract total paid wages (if you received a paycheck), total claim amount (subtract wages received from subtotal).

### **Brief Explanation of Issues –**

- You may further explain conditions of employment (was misclassified as independent contractors and was not paid hourly wages; employer required fees in order to maintain schedule; employer took portions of tips given to employee by patrons; employer used employees tips to pay employers share of state & federal taxes, etc.).

Sign completed form and make a copy for your personal records. Deliver form via mail, or in person (retain stamped copy from Labor Commission staff). Filed claims will be processed and assigned to a Deputy Labor Commissioner, who will determine how to proceed and will notify both parties as to the specific action which will initially be taken (Referral to a conference, Referral to a hearing, or dismissal of the claim).

### **Conference—**

If a conference is scheduled, a Notice of Claim Filed and Conference will be sent to both parties describing the nature of the claim, time and location, and directing both parties to attend. The purpose of the conference is to determine if the claim can be resolved without a hearing. Both parties should bring any evidence or documentation to support their position. If the employer fails to appear, the claim may be automatically referred to a hearing. If the employee fails to appear, except for good cause shown, the claim will be dismissed. If the case is not resolved at the conference, the Deputy may refer the case to a hearing or dismiss the claim, depending on the positions' of both parties and provided documentation. If the employer makes payment on the claim, the Deputy must be notified, and if the claim is fully paid the case will be closed. The employee may withdraw the claim at any time by notifying the Deputy and Labor Commission in writing.

### **Hearing—**

If a hearing is scheduled, a Notice of Hearing will be sent to both parties providing the time and location, and directing both parties to attend. Both parties will testify under oath and may bring any documented evidence, witnesses or representatives (i.e. attorneys or other employees who worked with you). Both parties may cross-examine the opposing party and witnesses. If the employee fails to appear, the case will be dismissed. If the employer fails to appear, the Hearing Officer will decide the matter based on evidence provided by the employee. A decision will be filed in the Labor Commission office within 15 days after the hearing, and the order will be sent to both parties shortly thereafter. Either party may appeal the Labor Commission's decision to the Municipal or Superior Court, within the time period set forth in the order.

You may call the Labor Commission at any time to check on the status of your claim form, conference notice, hearing notice, or case decision. Follow up is crucial!

*(State of California Labor Commission, Policies & Procedures for Wage Claim Processing)*

### **Licensing for Massage Establishments and Practitioners**

In November 2003, the San Francisco Board of Supervisors approved legislation to transfer licensing of all massage establishments and practitioners from the San Francisco Police Department

to the San Francisco Department of Public Health. The following information includes a portion of the updated policies and requirements:

Application For Massage Practitioner Permit; General And Advanced Practitioners

- Every applicant for a massage practitioner permit shall file an application with the Department of Public Health and pay a non-refundable application fee.
- The application for a massage practitioner permit shall set forth, under penalty of perjury, the following:
  - (1) Name and residence address of the applicant;
  - (2) A unique identifying number from at least one government-issued form of identification, such as a social security card, a state driver's license or identification card, or a passport;
  - (3) Written evidence that the applicant is at least 18 years of age;
  - (4) Applicant's height, weight, and color of hair and eyes;
  - (5) Business, occupation or employment of the applicant for the five years immediately prior to the date of application; this information shall include, but not be limited to, a statement as to whether or not the applicant, in working as a massage practitioner or bodywork technician or similar occupation under a permit or license, has had such permit or license revoked or suspended, and the reasons therefore; and,
  - (6) All felony or misdemeanor convictions.
- An applicant for a general massage practitioner permit shall provide, as part of the application, the name and address of the recognized school for massage attended, the dates attended, and the original of the diploma or certificate of graduation awarded the applicant showing that the applicant has completed not less than 100 hours of instruction.
- An applicant for an advanced massage practitioner permit shall provide, as part of the application, the name and address of the recognized school or schools for massage attended, the dates attended, and the original of the diploma(s) or certificate(s) of graduation awarded the applicant showing that the applicant has completed not less than 200 hours of instruction. The additional 100 hours of instruction required for the advanced massage practitioner permit may be completed at one or more schools. If the applicant already holds a current general massage practitioner permit, he or she need only submit documentation for the additional 100 hours of instruction necessary for the advanced massage practitioner permit.
- The Department of Public Health shall administer a culturally-sensitive test to all applicants, in the applicant's own language, to confirm basic proficiency in massage before issuing a permit.
- No massage practitioner permit shall be issued if the Department of Public Health finds:
  - (1) The applicant has provided materially false documents or testimony; or
  - (2) The applicant has not complied fully with the provisions of this Article; or
  - (3) Within 5 years immediately prior to the date of application, the applicant has had any license or permit related to the practice of massage revoked; or
  - (4) The applicant has been convicted of any of the following offenses or convicted of an offense outside the State of California that would have constituted any of the following offenses if committed within the State of California:

- Any felony involving the use of coercion or force and violence upon another person; or
- Any misdemeanor sexual battery; or
- Any offense involving sexual misconduct with children; or
- Any offense requiring registration pursuant to Section 290 of the California Penal Code.
- The Department of Public Health may issue a massage practitioner permit to any individual convicted of one of the offenses above if the offense was not violent, the conviction occurred at least five years prior to the date of application, and the applicant has not been convicted subsequently of one of those offenses.
- If an application for a massage practitioner permit is denied, within 30 days of the date of receipt of the notice of denial, the applicant may appeal the decision by notifying the Department of Public Health in writing. The Director of the Department of Public Health shall review the appeal; the Director's ruling shall be final.

#### Temporary Massage Practitioner Permit; Trainee Permit

- Upon completion and submission of an application for a massage practitioner permit as outlined above, and upon payment of all fees for the permit, an applicant may request a temporary massage practitioner permit. If requested, the Department shall issue the temporary massage practitioner permit, which is valid for the period during which the application is under review, but in no event for more than 60 days.

#### Application For Massage Establishment, Solo Practitioner Massage Establishment, Or Outcall Massage Service Permit

- Every applicant for a massage establishment, solo practitioner massage establishment, or outcall massage service permit shall file an application with the Department of Public Health and pay a non-refundable application fee.
- The application shall set forth, under penalty of perjury, the following:
  - (1) The exact nature of the services to be rendered;
  - (2) The address of the proposed place of business and facilities thereof;
  - (3) The number of individuals to be employed by the business, and, in the case of a solo massage practitioner establishment, the names of any massage practitioners who shall operate under that permit;
  - (4) The name, residence address, and date of birth of each applicant;
  - (5) Any history of previous massage permits or licenses in San Francisco or elsewhere, including whether any such permit or license has been revoked and the reasons therefore, for each applicant; and
  - (6) All felony or misdemeanor convictions for the applicant.
- The Director is hereby authorized to require in the application any other information including, but not limited to, information related to the health, hygiene, and sanitation of the premises and any information necessary to confirm the accuracy of the matters set forth in the application.
- An applicant for a solo practitioner massage establishment permit shall provide proof that he or she holds a current, valid advanced massage practitioner permit issued by the Department of Public Health.

- Applicants shall also submit proof of compliance with any applicable Planning Code requirements regarding notice and posting of the proposed establishment.
- An advanced massage practitioner holding a solo practitioner massage establishment permit shall not be required to pay any additional permit fee for an outcall massage service permit.
- No massage establishment, solo practitioner massage establishment, or outcall massage service permit shall be issued if the Department of Public Health finds:
  - (1) The applicant has provided materially false documents or testimony; or
  - (2) The operation as proposed by the applicant would not comply with all applicable laws including, but not limited to, the City Building, Planning, Housing, and Fire Codes or any rule or regulation adopted by the Director pursuant to this Article; or
  - (3) Within 5 years immediately prior to the date of application, the applicant has had any license or permit related to the practice of massage revoked; or
  - (4) The applicant and any other individual who will be directly engaged in the management and operation of the massage establishment, solo practitioner massage establishment, or outcall massage service has been convicted of any of the following offenses or convicted of an offense outside the State of California that would have constituted any of the following offenses if committed within the State of California:
    - Any felony involving the use of coercion or force and violence upon another person; or
    - Any misdemeanor sexual battery; or
    - Any offense involving sexual misconduct with children;
    - Pimping or pandering; or,
    - Any offense requiring registration pursuant to Section 290 of the California Penal Code.
- The Department of Public Health may issue a permit to any individual convicted of one of the offenses above if the offense was not violent, the conviction occurred at least five years prior to the date of application, and the applicant has not been convicted subsequently of one of those offenses.
- If an application for a permit is denied, within 30 days of the date of receipt of the notice of denial, the applicant may appeal the decision by notifying the Department of Public Health in writing. The Director of the Department of Public Health shall review the appeal; the Director's ruling shall be final.

For more information please contact San Francisco Department of Public Health central office at 415/554-2500 or environmental health section at 415/252-3800.

**A Miner Miracle**

414 Mason Street, Suite 501  
 San Francisco, CA 94102  
 Phone: (415) 217-7230  
 Fax: (415) 217-7235

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

Provides clothing for men, women and young adults who have upcoming job interviews.

**Adult Staffing**

c/o Clearwater Beach Development  
3418 North Ocean Blvd, Suite 122  
Ft Lauderdale, Florida 33308  
Phone: (954) 572-9545

**Arriba Juntos**

1850 Mission Street  
San Francisco, CA 94110  
Phone: (415) 487-3240  
Fax: (415) 863-9314

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

Provides many programs to promote the economic self-sufficiency of San Franciscans and their families through occupational training and employment opportunities.

**Bayview Business Resource Center**

3801 3<sup>rd</sup> Street, Suite 240  
San Francisco, CA 94124  
Phone: (415) 647-3728

Provides small business training and support services to emerging and established entrepreneurs in Bayview, Hunters Point and throughout San Francisco.

[www.rencenter.org/bay.htm](http://www.rencenter.org/bay.htm)

**California Department of Rehabilitation**

185 Berry Street, Suite 180  
San Francisco, CA 94107  
Phone: (415) 904-7100  
Fax: (415) 904-5996

[www.rehab.cahwnet.gov](http://www.rehab.cahwnet.gov)

Vocational counseling and evaluation, job training and placement to people with disabilities (including AIDS).

**Career Resources Development Center-San Francisco**

655 Geary Street  
San Francisco, CA 94102  
Phone: (415) 775-8880  
Fax: (415) 775-1748

**Career Resources Development Center-Oakland**

320 13<sup>th</sup> street  
Oakland, CA 94612  
Phone: (510) 268-8886  
Fax: (510) 268-0688

**Community Educational Services**

80 Fresno Street  
San Francisco, CA 94133  
Phone: (415) 982-0615  
Fax: (415) 434-3128

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

CES is a nonprofit organization serving the youth of San Francisco. In 1969, young activists raised in San Francisco's Chinatown founded Community Educational Services (CES) to address the pressing need of academic support and employment services for to neighborhood youth between the ages of 11 and 21.

**Delancey Street Foundation**

600 Embarcadero

San Francisco, CA 94107

Phone: (415) 957-9800

Fax: (415) 546-0602

[www.grass-roots.org/usa/delancey.shtml](http://www.grass-roots.org/usa/delancey.shtml)

**Department of Industrial Relations, CAL-OSHA**

455 Golden Gate Avenue

San Francisco, CA 94102

Phone: (415) 703-5100

[www.dir.ca.gov/occupational\\_safety.html](http://www.dir.ca.gov/occupational_safety.html)

**Department of Industrial Relations, State Labor Commission**

455 Golden Gate Avenue

San Francisco, CA 94102

Phone: (415) 703-4863

**Employment Development Department Job Search Center**

801 Turk Street

San Francisco, CA 94102

Phone: (415) 749-7503

[www.edd.ca.gov/eddgen.htm](http://www.edd.ca.gov/eddgen.htm)

**Equal Employment Opportunity Commission (EEOC)**

901 Market Street, Suite 500

San Francisco, CA 94103

Phone: (415) 356-5100 or toll free: (800) 669-4000

Fax: (415) 744-7423

TTY: (415) 356-5098 or (800) 669-6820

[www.eeoc.gov/sanfrancisco](http://www.eeoc.gov/sanfrancisco)

**Glide-Training and Employment Services**

330 Ellis St, Suite 418

San Francisco, CA 94102

Phone: (415) 674-6150

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

**Goodwill Industries**

1500 Mission Street

San Francisco, CA 94103

Phone: (415) 575-2100

Fax: (415) 282-0132

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

Goodwill Industries provides people with the tools they need to succeed in working. They are one of the world's largest nonprofit providers of employment and training services for people with disabilities and other disadvantaging conditions such as welfare dependency, illiteracy, criminal history and homelessness.

### **Haight-Ashbury Food Program-Job Training**

270 Divisadero

San Francisco, CA 94102

Phone: (415) 503-4480

### **Helplink**

221 Main Street

San Francisco, CA 94105

Phone: (415) 543-6767

[www.helplink-sf.org](http://www.helplink-sf.org)

Languages: Spanish & English

At Helplink, a trained Information and Referral specialist will help you find information on community resources, employment, housing, substance abuse treatment, and more.

### **Jewish Vocational & Career Counseling Service**

77 Geary Street, Suite 401

San Francisco, CA 94108

Phone: (415) 391-3600

Fax: (415) 391-3617

TDD: (415) 391-2846

E-mail: [hire@jvs.org](mailto:hire@jvs.org)

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

Provides resume' consultation, computer classes, work issues counseling, employment and career counseling, as well as job training placement and retention.

Populations Served: All populations, with particular focus on individuals in the Welfare to Work program, refugees, youth with disabilities, members of the Jewish community, adults with disabilities and those with HIV/AIDS.

Languages: Russian, Bosnian, Spanish, and English

Internships: Intro/intermediate/advanced computer skills training, medical receptionist, CAN, LUN and other health care training, and legal secretary training.

### **Job Corps Admissions for Women**

582 Market Street, Suite 1509

San Francisco, CA 94104

Phone: (415) 981-8219

Fax: (415) 981-8433

### **©Legal Aid Society-Employment Law Center**

600 Harrison Street, Suite 120

San Francisco, CA 94107

Phone: (415) 864-8848

Fax: (415) 864-8199  
TDD: (415) 593-0091  
[www.las-elc.org](http://www.las-elc.org)

**Renaissance Entrepreneurship Center**

275 5th Street  
San Francisco, CA 94103  
Phone: (415) 541-8580  
[www.rencenter.org](http://www.rencenter.org)

Renaissance Entrepreneurship Center provides small business training and support services to women and men throughout the Bay Area start or grow their own business.

**San Francisco Labor Council AFL-CIO**

1188 Franklin Street, suite 203  
San Francisco, CA 94109  
Phone: (415) 440-4809  
Fax: (415) 440-9297  
[www.sflaborcouncil.org](http://www.sflaborcouncil.org)

**Treasure Island Job Corps**

655 H Avenue, Bldg. 442  
Treasure Island  
San Francisco, CA 94130  
Phone: (415) 277-2400  
Fax: (415) 277-2438  
[www.sfjobcorps.com](http://www.sfjobcorps.com)

A national, residential education and training program, for eligible low-income youth.

**Women's Employment Rights Clinic-Golden Gate University Law Clinics**

536 Mission Street  
San Francisco, CA 94105  
Phone: (415) 442-6647

**Women's Initiative for Self-Employment**

1390 Market Street  
San Francisco, CA 94103  
Phone: (415) 247-9473  
[www.womensinitiative.org](http://www.womensinitiative.org)

Women's Initiative for Self Employment provides comprehensive business training, on-going technical assistance and financing for low-income women starting their own businesses in the Bay Area.

**Women in Community Service (WICS)**

~10 UN Plaza, Suite 650  
San Francisco, CA 94102  
Phone: (415) 487-3900 or toll free: (800) 289-WICS  
Fax: (415) 981-8433

~WICS Life-skills for Women

Phone: (415) 575-0275 or (877) 543-3754

Fax: (415) 861-2780

[www.charityadvantage.com/wics/Home.asp](http://www.charityadvantage.com/wics/Home.asp)

WICS Women's Programs is a national organization that effectively moves low-income women to economic independence. Partnering with government, human service and other nonpro fit agencies, WICS delivers quality life skills, job readiness and support services to women on public assistance, women in prison, women who are homeless and public housing residents.

## FINANCIAL ASSISTANCE

**CalWORK's/TANF** (Temporary Assistance for Needy Families) provides individuals with less than \$100 in liquid resources who have an immediate need (no food, no clothing, no utilities) or other related emergencies that are detrimental to the health and safety of their family, with a check for up to \$200 in one day (must apply for either Cal-Work's or TANF within fifteen working days).

**CAAP** (Country Adult Assistance Programs) SF Department of Human Services: CAAP provides short-term financial assistance and social services to residents in need who are not eligible for help from other public assistance programs through these 4 Programs:

**CALM** (Cash Assistance Linked to Medi-Cal) provides individuals who are receiving Medi-Cal benefits because they are either aged or disabled but do not currently qualify for SSI. The monthly aid payment for a single individual can be up to \$395.

**PAES** (Personal Assisted Employment Services) provides employment services and a stipend of up to \$395 a month to employable adults.

**SSIP** (Supplemental Security Income Pending) provides advocacy and a payment of \$395 a month to individuals who have medical verification that they have a disability which has either lasted, or is likely to last, at least 12 months. Individuals may be eligible for either SSI, SSDI or both.

**GA** (General Assistance) provides cash assistance of up to \$320 a month for indigent adults who have no other means of support.

**Medi-Cal** is California's medical assistance program for persons who receive SSI and TANF/Cal-Works and some others who lack the funds needed for medical care. In general, Medi-Cal is not available to CAAP recipients unless blind, aged, disabled, a refugee or pregnant.

**SSI** (Supplement Security Income) is a federal program that provides monthly payments to aged, blind, and disabled who have little or no resources or income. An applicant need not have worked or paid Social Security taxes to be eligible.

**SSDI/SDA** (Social Security Disability Insurance) is a federal insurance program that provides monthly payments to aged, blind and disabled people who have worked a certain number of years and paid Social Security taxes. The resource and income limitations of SSI do not apply to this program.

### Working While Receiving Federal Income

Earned Income Exclusion: You can work any time after receiving full SSI approval. However, Social Security Administration will reduce your SSI check according to the 'Earned Income Exclusion Formula.'

- According to this formula, you may deduct \$85 from your earnings and divide this amount by 2 to determine your "countable income" for SSI.
- A "break-even" point of \$1335 in earnings allows you to retain \$1 in SSI income, which maintains your Medi-Cal coverage.

- The SSI assets limitations still apply.

### Working While on SSDI

Trial-Back-To-Work Program: Allows nine months of "gainful employment" in which you will receive your full monthly SSDI benefit.

- Months do not need to be consecutive.
- Monthly earnings must be reported to SSA.
- You continue to accumulate months towards Medicare eligibility.

You may continue to work after completing the Trial-Back-To-Work Program and grace period. For the next 36 months, you will only receive an SSDI check for any month in which your earnings fall below \$580, and for 39 months you will continue to receive Medicare.

The Social Security 800 telephone number, **(800) 772-1213** operating 7am to 7pm, M-F, may be used to: make a general inquiry; discuss an overpayment; change an address; report a missing check; or request replacement of a Medicare card. They prefer you to use the 1-800 number to make an appointment and/ or establish a "protective" filing date for SSI.

### **CalWorks-San Francisco Department of Human Services**

170 Otis Street  
 San Francisco, CA 94110  
 Phone: (415) 557-5723  
 CalWorks serves adults with dependent children.

### **Consumer Credit Counseling Service**

77 Maiden Lane, 3rd Floor  
 San Francisco, CA 94108  
 Phone: (415) 788-0288  
 Fax: (415) 788-7817  
 Free and confidential debt resolution counseling.

### **Disability Evaluation Assistance Program-Tom Waddell Health Center**

234 Eddy Street  
 San Francisco, CA  
 Phone: (415) 353-5094  
[http://hathawaypage.com/twhc2/webpages/who\\_pages/who\\_psy\\_deap.htm](http://hathawaypage.com/twhc2/webpages/who_pages/who_psy_deap.htm)  
 Drop-in assessment clinic every Thursday at 1pm.

### **General Assistance Advocacy Project (GAAP)**

276 Golden Gate Avenue  
 San Francisco, CA 94102  
 Phone: (415) 928-8191  
 Fax: (415) 928-1410  
 E-mail: [Atemple@gaap.org](mailto:Atemple@gaap.org)  
[www.gaap.org](http://www.gaap.org)

GAAP provides SSI representation through the hearing level, general assistance, food stamps, advocacy and representation.

Populations Served: People who are homeless or marginally housed; very low income.

Languages: Spanish & English.

Experience with Sex Workers: Some of their clients are Sex Workers but no specific Sex Worker programs or trainings.

Internship: Always accepting new volunteers

**Positive Resource Center**

973 Market Street, 6th Floor

San Francisco, CA 94103

Phone: (415) 777-0333

Fax: (415) 777-1770

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

PRC provides benefits counseling to anyone who is HIV+, they will educate you about your benefits and your rights, as well as act as your advocate when communicating with the Social Security Administration or insurance companies. They are also available for follow-up appointments as needed.

**Social Security Administration**

Tele-service Center: (800) 772-1213

Medicare: (800) 952-8627

TTY: (800) 288-7185

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Social Security administers the following benefit programs:

- Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI)
- Medicare
- Retirement/Survivors Benefits
- Issues and replaces Social Security Cards

**District Offices I:**

~Downtown

939 Market St., 1st Floor

San Francisco, CA 94103

Phone: (415) 744-5750

~Chinatown-North Beach Office:

560 Kearny Street

San Francisco, CA 94108

Phone: (415) 705-1067

~Western Addition Office:

1405 Fillmore Street, Suite 300

San Francisco, CA 94115

Phone: (415) 556-3473 (claims unit); (415) 556-9325 (service representative)

**District Office II:**

~Mission Office

1098 Valencia Street (at 22nd)

San Francisco, CA 94110

Phone: (415) 556-4043

~Parkside Office

1569 Sloat Blvd, Suite 300

San Francisco, CA 94116

Phone: (415) 556-4078

~Disability Evaluation Office

Oakland, CA

Phone: (510) 622-3296

## FOOD ASSISTANCE/NUTRITION

### Food Stamp Program

A government program that helps low-income people by providing monthly coupons that can be used like cash to buy food at most grocery stores. The average monthly food stamp benefit is between \$135 per month to \$356, depending on the number of people in a household. “Expedite” food stamps can be available within 3 calendar days, but in general, it takes 30 days to receive food stamps.

### *Who can get food stamps?*

Approximately 27,600 people in San Francisco receive food stamps-including working families, people who are unemployed, single parents, married couples, people who are homeless, college students, seniors, single adults, and legal immigrants. Applicants must meet certain income guidelines in order to be eligible for food stamps. In California, most low-income legal immigrants are eligible for food stamps. Low-income senior citizens are eligible for food stamps unless they receive Supplemental Security Income (SSI). People receiving GA or Cal-Works may be automatically eligible for food stamps. Some adults are subject to work requirements if they receive food stamps.

### *How do people apply for food stamps?*

Anyone can apply for food stamps in person at the Department of Human Services office at 1235 Mission Street. The office is open M-F, 8 am to 5 p.m. For more information about applying for food stamps, call **(800) 218-3663**.

### Eating For A Healthy Immune System

- Drink enough water; six to eight glasses a day, especially in warm weather.
- Eat a wide variety of foods for a full range of nutrients. Good for liver health and digestion, especially bitter-tasting foods.
- Eat whole, natural, unprocessed foods. Organic foods are best.
- Eat fruits and vegetables of all colors. Your plate should have at least 3 colors of food on it at every meal. Green, dark green, orange, red, yellow, white, brown, purple.
- Eat local, seasonal foods.
- Eat antioxidant foods every day to build strong bodies and to prevent cancer: Cabbage, broccoli, mustard greens, turnip greens, kale, brussel sprouts, cauliflower, garlic (lots of it), onions, sweet potatoes, carrots, winter squash. Dark leafy greens (especially dandelion greens), chili peppers, red peppers, okra, lima beans, tomatoes. Citrus fruits, guava, papaya, mango, cantaloupe, honeydew, persimmons. The pith (white inner part) of citrus and peppers is especially good.
- Look to your ethnic background for good, traditional, healthy foods. These foods nourish your spirit as well as your body.
- Eat foods that are high in fiber: Apples and other fruits, vegetables, potatoes/yams, beans, whole grains (oatmeal, millet, brown bread)
- Eat enough protein, but not too much. 4-6 ounces of protein per meal is plenty.
- Eat fresh fish, nuts, and seeds. Meat should not be the main part of the meal.

- Snack on foods that give long-lasting energy: Nuts, seeds, (nut butter on whole grain bread), and yogurt with fruit, tortillas or chips or vegetable slices with bean dip or cottage cheese, soup.
- Avoid large amounts of sugar. Sugar can decrease immune function.
- Don't eat "fake" foods. Margarine, artificial sweetener, and food that has ingredients you can't pronounce or don't recognize may not be good for you.

### Quick Meals and Substantial Snacks

Having some of these foods on hand makes it easy to keep energy up throughout the day. Also, keep them in mind when you are out and about and need a balancing snack or meal. If you eat meat, sliced turkey, sardines, and tuna can, on occasion, be substituted for the cheese and tofu. Commercial meats and dairy products may contain hormones, antibiotics, and pesticides. Avoid "luncheon meats," "cheese food," and other heavily processed foods.

#### Snacks:

- Hummus with sliced cucumbers, celery, bell peppers, carrot, or whole-grain bread
- Cottage cheese or yogurt with fresh fruit and flax seeds, other seeds, or nuts
- Whole-grain bread with nut butter
- Apple, pear, or other fruit with 1 oz. cheese
- Handful of nuts or seeds and dried fruit (preferably soaked).
- Rice cakes or whole-grain crackers with almond butter or peanut butter or cheese
- Quesadilla on corn tortillas with salsa, or corn tortillas with guacamole
- One half avocado with balsamic vinegar
- Feta cheese or tofu cheese with olives or radishes, celery, or baby carrots
- Soymilk smoothie: Add ground flax seeds, fruit (banana, papaya, berries, peaches, or whatever is in season), 1 T flax oil, and 1-2T nutritional yeast. (Or substitute half rice milk/half soymilk, or organic milk, or 1/2 yogurt and 1/2 water or milk.

Easy-fix meals or meals on the run (For a more substantial meal, add a piece of fruit, and/or some steamed greens):

- Baked potato with shredded cheese and steamed asparagus or broccoli, or with high quality canned, frozen, or homemade chili.
- Bean burrito or quesadilla -have added veggies if available, salsa, radishes, etc.
- Whole-grain cereal with soymilk and fruit--try fresh peaches, berries, banana (you can get cereal in little boxes and carry it with you).
- Cheese or baked tofu sandwich on whole-grain bread with avocado and tomato
- Whole-grain (if possible) bagel with tofu spread or a little cream cheese, or with egg salad or sliced cheese, or with avocado and sprouts, and some cut-up veggies.
- Quinoa salad with diced veggies and pine nuts, 3 or 4 radishes or olives
- Asian noodle salad with tofu or tempeh and veggies
- Salad with tofu dressing, with nuts, seeds, cheese, olives, or hard boiled egg

Stock up on healthy convenience foods:

- Pre-cut vegetables from the grocery section: steam with tofu or tempeh, dress with vinaigrette or sesame oil and tamari, or add to salad.

- Cascadian farms frozen "Veggie Bowl" meals, other frozen meals.
- Pre-made dinner salads and side salads from Trader Joe's, Whole Foods, etc.

### Better Fast -Food Choices

TACO BELL offers a bean burrito, with cheese and salsa. Get extra salsa, and ask them to add some fajita veggies (there may be a small extra charge for this). Also, try the vegetable fajitas themselves. Again, ask for extra salsa.

KFC has roasted chicken, which is much better, nutritionally, than the fried chicken. For side dishes choose greens, slaw, corn, mashed potatoes, or rice.

MC DONALD's serves salads, chicken breast sandwiches, and fish sandwiches. Ask for extra onions, lettuce, and tomato.

CARL'S JUNIOR has chicken soup, vegetable soup, chicken sandwiches, roast beef sandwiches, and salads.

JACK-IN-THE-BOX is different in different locations. Any of the non-fried chicken or steak sandwiches are good choices, again, ask for extra lettuce and tomato. They also offer salads, and in some places, guacamole.

TAQUERIAS have a wealth of healthy food. Go for pinto or black beans instead of refried, and for corn tortillas instead of flour. Take advantage of the condiment trays with their marinated vegetables, onions, peppers, and radishes. Try the pollo asado, or carne asada and ask for extra salsa. Fish tacos are another good choice. Always get guacamole if it is an option. Drink agua fresca of melons, berries, or orange.

WENDY'S baked potatoes w/broccoli and cheese are nutritious, cheap, and filling.

SUBWAY offers many healthy choices, and they will pile on lettuce, tomato, onion, and other veggies free of charge. Chose the whole-wheat bread for extra fiber.

### Foods For Liver Support

Eating a variety of whole, minimally processed foods supports enzyme production and liver function. Some foods offer support for specific liver functions. Sulfur-rich foods and foods containing the amino acid cysteine allow the body to produce glutathione, a peptide that plays an important role in liver detoxification. Glutathione is easily depleted by infection and inflammation.

- Sulfur-rich foods include: Onions, garlic, eggs, brussel sprouts, cabbage, kale, mustard greens, and turnip greens.
- Cysteine-rich foods include: Yogurt, granola, duck, oatmeal, wheat germ, cottage cheese, duck, pork, turkey, cheese, chicken, and eggs.
- Other foods that support liver detoxification are fennel and caraway seeds, beets, lemons and other citrus, turmeric, and foods that contain high levels of antioxidants (vitamin A in the form of beta-carotene, vitamins C and E, zinc, and selenium. These foods include cabbage family foods, citrus, dandelion leaves, wheat germ, rosemary, yams, winter squash, and many others).

High fiber foods bind the toxins produced by the liver and released as bile, causing them to be excreted rather than re-entering the bloodstream. Foods that are nourishing to gut mucosa help to prevent hyperpermeability ("leaky gut syndrome"), keeping down the level of toxins entering the liver via the portal blood. Soluble fiber (pectin, flax seed, guar gum, psyllium), organic butter, seaweed, sauerkraut, and miso fall into this category. Bitter foods improve digestion and absorption by stimulating the stomach to produce digestive juices (HCI and gastrin), and stimulating the liver

to produce bile. Bile production and release is a factor in reduced liver inflammation and toxicity, and along with a high-fiber diet can reduce cholesterol.

Avoiding foods that stress the liver is as important as eating the right foods. High-stress foods contain pesticides, added hormones, antibiotics, artificial flavors and colors, and other additives. Choose whole, organic, minimally-processed foods whenever possible, especially when eating animal products like meat and dairy. Always drink 6-8 glasses of water per day to keep bile and other body fluids flowing and moving, and support detoxification.

*(Donna Odierna, M.S., Health Educator, Herbalist AHG, Nutrition Educator, 1998-99)*

### **All Saints' Episcopal Church**

1350 Waller Street (near Masonic)  
San Francisco, CA  
Phone: (415) 621-1862 (Tu-Th 10am-2pm)  
Fax: (415) 621-7008  
[www.allsaintssanfran.org](http://www.allsaintssanfran.org)  
Sat: 10:30-11:30am, brunch.

### **City Team Ministries**

164 6th Street  
San Francisco, CA  
Phone: (415) 861-8688  
Mon: get a ticket at 4:30pm for 5pm church service/dinner.  
T-F: get a ticket at 8am for Bible Study, followed by 9:30am breakfast. Dinner-get ticket at 6pm for 6:30pm church service/dinner.  
Sat: 12-3pm hot food, clothes and foot care. Dinner: get ticket at 5:30pm for 6pm church service/dinner

### **The Coffee House**

690 Page (at Steiner)  
Phone: (415) 241-9946  
Fri: 8pm-midnight, snacks provided.  
For youth 25 and under only. Coffee, tea, sweets, and pastries!

### **Father Francis Homeless Project**

Jefferson Square Park (Gough and Turk, across from St. Paulus Church)  
Hemlock Alley (at Polk)  
Sun: 6-6:45, dinner at Jefferson Square Park.  
Thurs: 7-7:30pm, dinner at Hemlock Alley.  
Hot dinners, and blankets and personal care items are given away when available.

### **First AME Zion Church**

2159 Golden Gate Ave (near Masonic)  
Phone: (415) 921-7479  
Mon: 11:30-1pm, lunch.

**First Friendship Institutional Baptist Church**

501 Steiner (at Oak)

Phone: (415) 431-4775

4<sup>th</sup> Sat: 12-3pm, a full course lunch.

**Food Not Bombs**

PO Box 40485

San Francisco, CA 94140

Phone: (415) 675-9928

7 days a week: 5:30-6:30pm, dinner at UN Plaza (between Market & Leavenworth), except

Th: 6:30-7:30pm

Mon: 1:30pm, lunch at Golden Gate Park (Haight & Stanyan)

Vegetarian! Bring your own bowl. Call first; meal times sometimes change.

**Friendship Banquet-St Paula's Lutheran Church**

930 Gough (between Eddy and Turk)

Phone: (415) 673-8088

Wed: 4pm, except first Wed. of the month. Call Tues for a reservation.

A full course dinner for HIV+ people with a letter from an AIDS agency or doctor.

**©Glide Memorial Church**

330 Ellis Street (at Taylor)

Phone: (415) 674-6040 (M-F 8am-5:30 pm)

Fax: (415) 921-6951

7 days a week- 8-9am, breakfast; 12-1:30pm-lunch.

M-F: 4:30-5:30pm, dinner

A bag dinner, to go, is provided after lunch on weekends.

**Haight-Ashbury Food Program**

1525 Walker Street (near Belvedere)

Phone: (415) 566-0366 (Tues-Fri 8am-2pm)

T-F: 11:30a-1pm, lunch

Vegetarian alternative. Families and seniors eat at 11:30am, all others at 12pm.

To volunteer come at 8am.

**Iglesia Bautista Balboa Eben-Ezer (ULJAD)**

39 Amazon (near Mission)

Phone: (415) 585-6628

1st Sun: 7-9am, breakfast.

1st Sat: 12-2pm, lunch.

**Iglesia Latina Americana de las Adventistas 7 Dia**

3024 24<sup>th</sup> Street (near Harrison)

3rd Sun: 9:30-11am, a lacto-ovo-vegetarian breakfast.

**Macedonia Missionary Baptist Church**

2135 Sutter Street (near Steiner)

3<sup>rd</sup> Sat: 11:30am-2pm, lunch.

**Meals on Wheels of San Francisco**

1375 Fairfax Avenue  
San Francisco, CA 94124  
Phone: (415) 920-1111  
Fax: (415) 920-1110

**Missionaries of Charity**

1330 4th Street (at 3rd St.)  
Phone: (415) 586-3449 (9am-12, 3:30-6:pm)  
Sun: 3:30-4:30pm, dinner.  
Mon, Tues, Wed, Fri, Sat: 4-5pm, dinner.  
Soup and a short prayer before meal.

**North of Market Senior Services**

333 Turk Street (between Hyde and Leavenworth)  
Phone: (415) 885-2290 (9-10am)  
7 days a week: 8-9am, breakfast; 11:30-12:00pm, lunch.  
For those ages 60+. \$1.50-suggested donation, but no one is turned away for lack of funds. Sign up for lunch at 8am.

**North Peninsula Dining Center**

6655 Mission Street (near Alp)  
Phone: (650) 994-5150  
M, T, Th: 5-6pm, dinner.

**Overeaters Anonymous**

PO Box 420962  
San Francisco, CA 94142  
Phone: (415) 436-0651

**Project Open Hand**

730 Polk Street  
San Francisco, CA 94109  
Phone: (415) 447-2300 or (800) 551-MEAL  
Provide free home delivery to people with AIDS or symptomatic HIV disease.

**Providence Baptist Church**

1601 McKinnon (at Mendell)  
Phone: (415) 550-9202  
Wed: 12:45-2pm, lunch.

**River of Life Christian Fellowship**

1 Market (Embarcadero Plaza)  
Mon: 5-5:30pm, dinner.

**St. Anthony's Dining Room**

45 Jones (at Golden Gate)  
Phone: (415) 241-2690

7 days a week: 11am-12pm, lunch for people with kids or age 60+, and 12-1:30pm for all others.

©**Saint Gregory Nyssen Episcopal Church**

500 De Haro Street  
San Francisco, CA 94107  
Phone: (415) 255-1552  
Provides families with weekly food bags.

♥**St. James Infirmary**

1372 Mission Street  
San Francisco, CA 94103  
Phone: (415) 554-8494  
Food provided during our Wednesday and Thursday night clinics.

**St. John Coltrane AOC**

930 Gough Street (at Turk)  
San Francisco, CA 94102  
Phone: (415) 673-3572  
Sun: 3-4pm, vegetarian lunch.

©**St. Martin de Porres**

225 Portrero  
San Francisco  
Phone: (415) 552-0240  
Food 7 days a week-  
Sun: 9-10:30am, brunch.  
M, T, Th, F: 6:30-7:30am, breakfast.  
T-Sat: 12-2pm Lunch  
Usually a vegetarian alternative.

**St. Peter and Paul Catholic Church**

666 Filbert Street (near Washington Square)  
Phone: (415) 421-0809  
7 days a week: 4-5pm or until food runs out, a simple sandwich.

**St. Vincent de Paul Society-Vincentian Help Desk**

Administrative Offices  
425 - Fourth Street  
San Francisco, CA 94107  
Phone: (415) 977-1270  
Fax: (415) 977-1271  
<http://svdp-sf.org>  
This direct service desk distributes free food and clothing to the homeless.

**San Francisco Department of Human Services**

P.O. Box 7988  
1235 Mission Street

San Francisco, CA 94120

Phone: (415) 557-5000

Administers food stamps and combined/coordinated CAAP and FS for people with symptomatic, disabling HIV.

Populations Served: All legal non-citizens and non-CalWORK's individuals.

Languages: Russian, Spanish, Cantonese, Mandarin, Tagalog, Vietnamese, English, etc.

### **San Francisco Food Bank Emergency Food Box Program**

900 Pennsylvania

San Francisco, CA 94107

Phone: (415) 282-1900 or (415) 282-1909

The Food Box Program serves individuals and their families who are in crisis, once yearly.

### **San Francisco Rescue Mission**

228 Jones (between Turk and Eddy)

Phone: (415) 292-1770

[www.sf911.com](http://www.sf911.com)

M-F: 10am-12pm, coffee and pastry.

M-F: 4pm, mandatory Bible study and dinner (close doors at 4:15pm, dinner starts at 5pm).

First come, first served. 100 people maximum. Blankets and sandwiches to go.

### **Simply Supper/MCF**

150 Eureka (between 18<sup>th</sup> and 19<sup>th</sup>)

Phone: (415) 865-2752

Th: 3:15-4:30pm vegetarian meal.

F: 3:15-4:30pm, non-vegetarian meal.

### **Third Baptist Church**

1399 McAllister Street (near Pierce)

Phone: (415) 346-4426

Thu: 12:30-1:30pm, lunch.

### **United Council of Human Services**

~2111 Jennings (at Van Dyke)

Phone: (415) 671-1100

7 days a week: 7-9am, breakfast; 4-6pm, dinner.

~146 Leavenworth (at Turk)

Sat: 4pm or until the food runs out, dinner.

### **Women Infants & Children (WIC)**

San Francisco Department of Public Health

30 Van Ness Avenue, Suite 220

San Francisco, CA 94102

Phone: (415) 554-9667

Fax: (415) 554-9637

A supplemental nutrition program, which provides vouchers for nutritious foods to low-income, pregnant or breast-feeding women, infants and children (up to age 5).



## HEALTH CARE SERVICES

### ALTERNATIVE HEALING

#### Acupuncture

Acupuncture is the insertion of very fine needles into the body at specific points shown as effective in the treatment of specific health problems. These points have been mapped by the Chinese for over a period of two thousand years. Recently, electromagnetic research has confirmed these locations.

Modern Western medicine cannot explain how acupuncture works. Traditional acupuncture is based on ancient Chinese theories of the flow of *Qi* (energy) and *Xue* (blood) through distinct meridians or pathways that cover the body somewhat like the nerves and blood vessels do. According to ancient theory, acupuncture allows *Qi* to flow across areas where it is deficient and away from where it is excessive. In this way acupuncture regulates and restores the harmonious energetic balance of the body. In Chinese there is a saying: “There is no pain if there is free flow; if there is pain, there is no free flow.”

The World Health Organization has said that acupuncture is suitable for treating the following:

- Ear, Nose and Throat Disorders:  
Toothaches, pain after tooth extraction, earaches, sinus inflammation, nasal inflammation or dryness.
- Respiratory Disorders:  
Uncomplicated bronchial asthma in children or adults, common cold, cough, flu.
- Gastrointestinal Disorders:  
Digestive tract problems, hiccups, inflammation of the stomach, chronic duodenal ulcers, inflammation of the colon, constipation, gallstones, diarrhea, dysentery caused by certain bacteria.
- Eye Disorders:  
Inflammation of the conjunctiva, inflammation of the central retina, nearsightedness (in children), uncomplicated cataracts.
- Nervous System and Muscular Disorders:  
Headaches, migraines, certain facial paralysis or nerve pain, partial weakness after a stroke, inflammation of nerve endings, bed wetting, frozen shoulder, tennis elbow, sciatica, low back pain, osteoarthritis.
- Uro-Genital:  
Gynecological, PMS, infertility, urinary dysfunction, prostatitis.
- Immune Deficiency:  
Chronic fatigue, lupus, HIV, support in chemotherapy/radiation.
- Mental/Emotional Health:  
Depression, anxiety, bipolar disorder, panic attacks, insomnia, stress, hypertension.
- Pain:  
Musculo-skeletal, neck-back, headaches, neuropathy, carpal tunnel.
- Addiction Therapy:  
Smoking, drugs.

- Transgender Health:  
Reduces side effects from hormone therapy such as migraines, anxiety, depression, edema and/or bloating.

## Reiki

Reiki is an alternative healing modality that originated in Japan. The format for a Reiki session is “laying-of-hands” in which the practitioner gently lays their hands on the recipient or even slightly off the body. There is no physical manipulation in the touch because Reiki operates on the principles of energy work. Just as Einstein proposed that matter is energy, Reiki views the physical body as a field of energy. Any spiritual, mental, or physical disease is viewed as a pattern of energy that can be changed.

Reiki means universal life force energy (chi), and, during the Reiki treatment, this energy helps balance the recipient’s energy and promotes a deep sense of relaxation. In this state of deep relaxation, the recipient often finds great healing. Reiki is not formally a medical modality and therefore provides no medical treatment or diagnoses. Just the same, Reiki recipients have found Reiki helpful in overcoming symptoms associated with a wide range of conditions from minor injuries and congestion to chronic conditions, and from emotional traumas and addictions to spiritual peace. Reiki has been successfully used with participants stressed by issues such as libido, depression, sciatica, back pain, insomnia, addiction, sexual trauma and guilt, headaches, congestion, recovery from injuries, grief, emotional trauma, etc. Reiki helps you unlock your greatest healing, joy, and potential!

## Herbs For Immune Health

NETTLES/ ALFALFA - tea, 2-4 cups a day

OAT STRAW - tea, 2-4 cups a day

RED CLOVER - tea, 2-4 cups a day

ASTRAGALUS - cook in soups, or use tincture (30 drops, 3 times a day).

BURDOCK/DANDELION - as food, root tea, tincture (60 drops, 3x/day).

SIBERIAN GINSENG - tea, tincture (60 drops, three times a day), capsules

MILK THISTLE - grind up and sprinkle on food. Or use pills or tincture.

SHITAKE MUSHROOMS - use fresh or dried, in food

GARLIC/ONIONS/GINGER/TUMERIC - in food

SEA WEEDS - in food, sprinkled on veggies, in capsules

## Herbs For When You Are Sick, Getting Sick, Or Recovering

ECHINACEA - capsules (1-2), tincture (30-60 drops), every 2-4 hours use for 3 days for 1 month

OSHA - tea (4 ounces) or tincture (30 drops) 3-5 times a day

MULLEIN - tea or tincture. Use for up to 3 months

MARSHMALLOW ROOT - tea (gooey!) or capsules

Important! Don't use capsules if your immunity is very low.

## Herbal/Nutritional Support for Wound and Abscess Care

Nutritional Considerations:

- Adequate protein: 50-100 grams/day
- Flavonoids: Red and purple fruits, citrus pith, bell peppers, onions, garlic

- Essential Fatty Acids: Nuts and seeds, flax, butter, fresh fish
- Foods that support circulation: Garlic, ginger, hot pepper

Supplements (2-3 months):

- Vitamin A (Beta carotene and/or mixed carotenoids): 15000-25000iu or Vitamin A (Retinol): 5000iu
- Vitamin C with flavonoids: 1000-5000 mg
- Vitamin E (d-alpha tocopherol or d-mixed tocopherols): 400-800 iu (The natural d- form is preferred over the dl- or synthetic form)
- Vitamin K: 200-500mcg
- B-complex: B-100 for 1-2 weeks, then reduce to B-50 or less .
- Zinc: 50mg for 4-6 weeks, then reduce to 25mg

Herbs:

(Taken internally for better circulation and wound healing)

- Gotu kola (*Centella asiatica*)
- Yarrow (*Achillea millefolium*)
- St. Johnswort (*Hypericum perforatum*)
- Calendula (*Calendula officinalis*)
- Hawthorn berry (*Crataegus spp.*)
- Rose hips (*Rosa spp.*)
- Elderberry (*Sambucus nigra*)
- Echinacea (*Echinacea spp.*): 30-60 drops, or one capsule, every 2 hours

Abscess soak: Echinacea, Baptisia (*Baptisia tinctoria*), Goldenseal (*Hydrastis Canadensis*), Myrrh (*Commiphora*), red pepper (*Capsicum*). Add 1-2 tablespoons of tincture to 2-4 cups of hot water. Soak the area for 20 minutes, 3-6 times a day. Or wet a clean cloth and use as a compress. This mixture may also be taken internally, for 3-7 days, in small doses. Best as tincture.

Abscess poultice: use the above herbs, mixed with marshmallow root (*Althea officinalis*), activated charcoal, or bentonite clay. Add hot water to form a paste.

Healing/antimicrobial washes: Yarrow, St. Johns Wort, Calendula, and Chamomile (*Matricaria spp.*), Plantain leaf (*Plantago spp.*), Violet (*Viola odorata*), Comfrey (*Symphytum officinalis*) DO NOT USE COMFREY ON PUNCTURE WOUNDS!

Salves: available commercially and made by many programs

(*Donna Odierna, M.S., Health Educator, Herbalist AHG, Nutrition Educator, 1998-99*)

### Medical Cannabis

In 1996, California voters passed Proposition 215, also known as the Compassionate Use Act of 1996. Proposition 215 was passed to give seriously ill Californian/s the right to possess and use marijuana (also known as cannabis) for medical purposes, when they have a recommendation from a physician. Proposition 215 also gives the patient's primary caregiver the right to obtain and possess medical cannabis for the patient. Proposition 215 defines a "primary caregiver" as "the individual who has consistently assumed responsibility for the housing, health, or safety of the

medical cannabis user". Federal and other state laws still prohibit marijuana possession even if you qualify for immunity from California—use discretion on Federal property and outside of California.

It is important to talk about your health with your doctor when you are considering the use of any therapy, including prescription therapies, over-the-counter preparations, herbal remedies, etc. You can ask your doctor:

- If you were to use medical cannabis/ what medical illness and/or symptoms would you be seeking to treat?
- What are the potential benefits to using medical cannabis to treat your illness and/or symptoms?
- Do the potential benefits vary by the way a person takes the cannabis (for example smoking it versus eating it in food)?
- What are the potential risks of using medical cannabis/ including side-effects/ interactions with your other medications/ and development of dependence?
- Do the potential risks vary by the way a person takes the cannabis (for example smoking it versus eating it in food)?
- Do the potential benefits of using medical cannabis to treat your illness and/or symptoms outweigh the potential risks?
- Are there any other medications or therapies that could be used instead to treat your condition and/or symptoms ? What are the benefits and risks of those therapies and how do they compare with the benefits and risks of medical cannabis?

The Medical Cannabis User ID Card was created to make it easier for patients to show law enforcement officers that they qualify as medical cannabis users under Proposition 215. You can pick up an application packet at The San Francisco Department of Public Health, 101 Grove Street, 1st floor (between Polk and Van Ness, across the street from City Hall)

Application packets are also made available to clinics, doctors offices, and medical cannabis organizations that request them, so you may want to check with your health care provider or local medical cannabis organization to see if they have application packets available at their locations. You must have a valid ID, a physician's statement and \$25 in order to obtain the Medical Cannabis User ID Card

*(City & County of San Francisco Department of Public Health)*

©**American College of Traditional Chinese Medicine**

450 Connecticut Street  
San Francisco, CA 94107  
Phone: (415) 282-9603

[www.ACTCM.edu](http://www.ACTCM.edu)

ACTCM provides acupuncture, herbs, Tui Na (medical massage), Qi Gong, health counseling at their clinic on Arkansas and also at The Neighborhood Health Center, Castro Mission Health Center, Maxine Hall Health Center, Haight-Ashbury Free Medical Clinic, and St. James Infirmary.

Populations served: All populations

Languages: Chinese, Spanish, Russian & English.

Experience with Sex Workers: Affiliated with St. James Infirmary providing acupuncture, herbs, Tui na and Qi gong.

**Acupuncture & Integrative Medicine College, Berkeley Clinic**

2550 Shattuck Avenue  
Berkeley, CA 94704  
Phone: (510) 666-8234  
Fax: (510) 666-0111  
[www.aic-berkeley.edu](http://www.aic-berkeley.edu)

**Alternative Herbal Health Services**

442 Haight St  
San Francisco, CA 94117  
Phone: (415) 854-1300

**Care through Touch Institute**

240 Golden Gate Avenue  
San Francisco, CA 94102  
Phone: (415) 345-9265

**Chi Nei Tsang Institute for Healing Within**

2812 Telegraph Avenue  
Berkeley, CA 94705  
Phone: (510) 848-9558  
Fax: (51) 848-0686  
[www.chineitsang.com](http://www.chineitsang.com)

**Compassion and Care Centers**

~194 Church Street  
San Francisco, CA 94114

~122 10<sup>th</sup> Street  
San Francisco, CA 94103  
Phone: (415) 255-8720

**©Dancing Doula Birth Services**

Phone: (510) 502-5799, Tomi Knutson  
[dancingdoula@planet-save.com](mailto:dancingdoula@planet-save.com)

A Doula, or Childbirth Assistant provides the invaluable benefits of pertinent information, personal advocacy and emotional support before, during and after birth to the expectant mother and her family. Other services include post-partum care, nurturing massage, birth photography and when available, childcare. Services available by payment plan and/or sliding scale.

**Glide Health Clinic**

330 Ellis St, Suite 418  
San Francisco, CA 94102  
Phone: (415) 674-6140  
[www.glide.org](http://www.glide.org)

Glide offers complementary acupuncture, massage and energy work.

**Immune Enhancement Project (IEP)**

3450 16<sup>th</sup> St  
San Francisco, CA 94114  
Phone: (415) 252-8711  
Fax: (415) 252-8710  
Traditional Chinese medicine.

**The Market Street Club**

2340 Market Street (at Castro)  
San Francisco, CA 94114  
Phone: (415) 861-0737

**♥Pomegranate**

592 Guerrero Street  
San Francisco, CA 94110  
Phone: (415) 377-1887, Joey Wyman, L.Ac  
Phone: (415) 235-2551, Den Bloome, L.Ac  
Pomegranate offers full body acupuncture and herbal medicine. They also host a \$10 ear clinic every Tuesday night.

**©Rob Turnbull (aka DhamiBoo)—Reiki Practitioner and Teacher**

Intuitive Energy Medicine Practitioner/Kinesiologist/Reiki Master  
Phone: (415) 235-4269  
E-mail: reikiem@onebox.com  
[www.dhamiboo.com](http://www.dhamiboo.com)

DhamiBoo provides sessions and training for personal empowerment in the healing of physical, emotional, and spiritual issues. Sessions are geared to help empower you in your healing process using the gentle touch of Reiki and/or Intuitive Energy Medicine. DhamiBoo provides a special Erotic Reiki I training including traditional Reiki I training and energy attunements for the erotic body to help you claim sexual empowerment and skills in sexual healing. Populations Served: DhamiBoo provides services for all sexes and sexual orientations. A gay man, and former Sex Worker himself, DhamiBoo is comfortable dealing with sexual and/or Sex Worker issues.

**Quan Yin Healing Arts Center**

455 Valencia Street  
San Francisco, CA 94103  
Phone: (415) 861-4964  
E-mail: QYHAC@aol.com  
[www.quanyin.com](http://www.quanyin.com)

Acupuncture, massage, Qi Gong, herbs, and health education in a compassionate quite environment. They specialize in Hep. C treatment, HIV care, women's wellness, cancer support, stroke recovery, dependency and addiction treatment, depression and anxiety disorder, men's health, asthma and respiratory health, hand and wrist problems, and pain management. Affordable care.

Populations Served: All of SF - all ages, genders and cultures.

Languages: Spanish, German, French, Mandarin, Hebrew & English.

Experience with Sex Workers: They claim to have no specific training but do see Sex Workers as clients.

Internships: Possible administrative assistant position available and clinical volunteers wanted.

### **SAGE Project**

1275 Mission Street

San Francisco, CA 94103

Phone: (415) 905-5050

Fax: (415) 905-5054

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

SAGE provides ear acupuncture five days a week:

M: 9-10am, T: 9:30am-10:45am, W: 11:30am-1pm, TH: 9:15-10:45am & F: 10-11am.

### **♥St. James Infirmary**

1372 Mission Street

San Francisco, CA 94103

Phone: (415) 554-8494

Hours: Wednesday, 6-9pm

Acupuncture, Massage & Reiki.

### **Wise Touch Acupressure**

Suzie Plettner, CAT

San Francisco & East Bay Locations

Phone: (415) 642-1923

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

Jin Shin Jyutsu is an ancient Japanese healing art, similar to acupressure that harmonizes the life energy of the body/mind through gentle touch to promote optimal health. Experience in treating chronic pain, fatigue, cancer, allergies, insomnia, arthritis, digestive disorders and other imbalances.

### **Women Organized to Respond to Life threatening Diseases (W.O.R.L.D)**

414 13<sup>th</sup> Street, 2<sup>nd</sup> Floor

Oakland, CA 94612

Phone: (510) 986-0340

Fax: (510) 986-0341

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

For HIV+ women and their supporters, friends, family and service providers. They offer support groups for HIV+ women, referrals, information and support, public awareness.

### **Zen Hospice Project**

273 Page St

San Francisco, CA 94102

Phone: (415) 863-2910

Fax: (415) 863-1768

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

Two residential programs that serve adults with a life expectancy of six months or less who cannot remain at home through the course of their illness.

## **HYGIENE & GENERAL HEALTH CARE**

- Brush and floss teeth daily, but not less than 30 minutes prior to performing oral sex (it can increase risk of HIV transmission). Do not use an alcohol-based mouthwash less than 30 minutes prior to performing oral sex.
- Change underwear daily (or turn inside out on alternate days or use undergarment liners). The same applies for socks.
- Tight pants, nylon underwear and pantyhose can cause vaginal infections. Wear cotton, crotchless underwear, stockings, or nothing.
- Keep toenails short to reduce foot pain. Too large shoes are safer and more comfortable than too small ones.
- Wear tampons during menstruation and change them frequently.
- Keep lips, teeth, gums, vagina, anus, and thighs well lubricated to prevent irritation.
- Urinate and lube up before engaging in sexual activity whenever possible.
- Avoid douching; it can force germs into your uterus. Use enemas after work, not before or between.
- Body fluids such as blood, vomit, urine, feces, saliva and semen may contain infectious organisms. Protective gloves must always be worn when dealing with these body fluids. Should any of these fluids come into contact with a person's skin, they should wash the area with warm water and soap. The person should not touch himself or herself, or anyone else, where they have a break in their skin (cuts, grazes, dermatitis, and so on) or touch any body openings (mouth, genitals, eyes, and so on) until they have washed their hands.
- Sex Workers performing escort services are advised to carry soap and disposable gloves with them on calls.
- Breaks in the skin - cuts, grazes, rashes, recent injection sites, recent piercings or tattoos, for example - should be kept covered by a dressing while working.

### **SHOWERS:**

#### **A Woman's Place**

1049 Howard Street

San Francisco, CA 94102

Phone: (415) 487-2140

A homeless shelter and place for drop-in NA meetings with a computer lab and showers. They require a fingerprint scan for reserving a bed. They serve 3 meals a day and offer support groups, case management, housing assistance and crisis help. No children are allowed. They also do domestic and other violence van outreach and have a free medical clinic Monday at 6pm.

#### **Bayview-Hunter's Point Multi-service Drop-in Facility**

2111 Jennings Street

San Francisco, CA 94124

Phone: (415) 671-1100

A 24-hour shelter, showers and laundry, case management, and meals at Mother Brown's Dining Room.

#### **Diamond Youth Shelter**

536 Central Avenue

San Francisco, CA 94117

Phone: (415) 567-1020

[www.larkinstreetyouth.org/html/about/programs\\_services/housing\\_services.htm](http://www.larkinstreetyouth.org/html/about/programs_services/housing_services.htm)

A drop-in with a myriad of services and lodging for children ages 12-17; including showers, meals, clothing closet, and a certified teacher on-site. Doors open 8:30am-8pm every day.

### **MNRC-Mission Neighborhood Resource Center**

165 Capp Street

San Francisco, CA 94110

Phone: (415) 869-7977

Drop-in respite from the streets to homeless individuals, offering snacks, showers and lockers.

### **©St. Martin de Porres**

225 Portrero

San Francisco

Phone: (415) 552-0240

Showers: T,Th-9am-12pm, must show up at 9am.

Medical outreach: Th-12:30-2pm.

Meals-see Food section.

### **St. Vincent de Paul Society**

Ozanam Center

1175 Howard Street

San Francisco, CA 94103

Phone: (415) 252-5305 (24-hour)

Payee number: (415) 864-0296

Email: [SVDP@pacbell.net](mailto:SVDP@pacbell.net)

Drop-in center provides detox treatment, relapse prevention, HIV/AIDS education, recreational activities, meetings and money management program. The Reception Center provides residential, meals, shower facilities, health assessment, referrals and counseling. Howard Street Detox provides daily twelve-step programs, detailed treatment and recovery program, and referrals to agencies and programs. Wheelchair accessible.

Population served: Coed substance users, especially dual-diagnosed individuals. Age 18 and over.

Languages: Spanish and English

### **South Beach Homeless Resource Center**

320 Harrison Street

San Francisco, CA 94105

Phone: (415) 222-9665

A 24-hr/7 days a week drop-in center for homeless men and women. Services include peer counseling, case management, screening for HIV/AIDS, tuberculosis, STP's, and hepatitis.

Provides free voice mail, showers, restrooms, laundry facilities, lockers for rent, a lounge area and snacks.

## **PRIMARY HEALTH CARE**

### **American Diabetes Association**

1900 Powell St., Ste. 285

Emeryville, CA 94608  
Phone: (510) 654-4499 or (800) 828-8293  
Fax: (510) 654-7575  
[www.diabetes.org](http://www.diabetes.org)

**American Heart Association**

120 Montgomery Street, Suite 1650  
San Francisco, CA 94104  
Phone: (415) 433-2273  
Fax: (415) 362-8035  
[www.americanheart.org](http://www.americanheart.org)

**American Red Cross**

810 Valencia Street  
85 2<sup>nd</sup> Street  
San Francisco, CA 94110  
Phone: (415) 427-8000  
[www.redcross.org](http://www.redcross.org)

**American Cancer Society**

235 Montgomery Street, # 320  
San Francisco, CA 94104  
Phone: (415) 394-7100  
Fax: (415) 394-7101  
[www.cancer.org](http://www.cancer.org)

**Ark of Refuge, Inc.**

1025 Howard St (6<sup>th</sup>/Market and Mission)  
San Francisco, CA 94103  
Phone: (415) 861-1060  
[www.arkofrefuge.org](http://www.arkofrefuge.org)

HIV prevention education, case management, medical services, HIV Housing, substance use groups, youth, group and individual counseling. Homeless and hunger prevention.

**♥Asian Health Services**

818 Webster Street  
Oakland, CA 94607  
Phone: (510) 986-6830  
Fax: (510) 986-6890  
E-mail: [jlec@ahsch.org](mailto:jlec@ahsch.org)  
[www.ahschc.org](http://www.ahschc.org)

HIV testing, family planning, STD screening, youth/teen clinic, health education and access info, breast cancer screening, HIV/STD prevention education and counseling, referral services and prenatal care.

Populations served: Youth, MSM, Sex Workers, women, immigrants, underserved and uninsured with a focus on the Asian and Pacific Islander communities.

Languages: Cantonese, Mandarin, Cambodian, Thai, Tagalog, Vietnamese, and English.

Experience with Sex Workers: Woman's program has been doing outreach to massage parlors since 1998 doing HIV prevention, safer sex and general women's reproductive health education. They are also developing Sex Worker peer education program.

**©Asian Pacific Islander Wellness Center**

730 Polk Street, Fourth Floor  
San Francisco, CA 94109  
Phone: (415) 292-3400  
Fax: (415) 292-3404  
[www.apiwellness.org](http://www.apiwellness.org)

**Balboa Teen Health Center**

1000 Cayoga Avenue  
San Francisco, CA 94112  
Phone: (415) 469-4512  
Fax: (415) 469-4096

**Berkeley Free Clinic**

2339 Durant Avenue  
Berkeley, CA 94704  
Phone: (510) 548-2570  
Fax: (510) 548-1730  
[www.berkeleyfreeclinic.org](http://www.berkeleyfreeclinic.org)

**Bernal Heights Neighborhood Center**

515 Cortland Avenue  
San Francisco, CA 94110  
Phone: (415) 206-2140  
Fax: (415) 648-0793

**California Pacific Medical Center**

3700 California Street  
San Francisco, CA 94118  
Phone: (415) 600-6000

**Castro-Mission Health Center**

3850 17th Street  
San Francisco, CA 94114  
Phone: (415) 487-7500  
Languages: Spanish, English

**Chinatown Public Health Center**

1490 Mason Street  
San Francisco, CA 94133  
Phone: (415) 705-8500  
Languages: Laotian, Vietnamese, Tagalog, Chinese, English

**©City Clinic**

356 7th Street  
San Francisco, CA 94103  
Phone: (415) 487-5500  
[www.dph.sf.ca.us/sfcityclinic](http://www.dph.sf.ca.us/sfcityclinic)

**Community Health Network (SFDPH)**

2789 25th Street  
San Francisco, CA 94133  
Phone: (415) 206-5166  
[www.dph.sf.ca.us/chn](http://www.dph.sf.ca.us/chn)

The CHN major service components include primary care provided at 18 sites throughout the city, specialty care, acute care, home care, long-term care, and emergency care

**Curry Senior Center**

333 Turk St  
San Francisco, CA 94102  
Phone: (415) 885-2274

Provides primary care, case management, and medical follow-up for seniors, age 55 and over.

**Davies Medical Center**

Castro & Duboce  
San Francisco, CA 94114  
Phone: (415) 565-6000  
Fax: (415) 565-6061

**Family Service Agency of San Francisco**

1010 Gough Street  
San Francisco, CA 94109  
Phone: (415) 474-7310  
Fax: (415) 931-3773  
[www.fsasf.org](http://www.fsasf.org)

**♥Glide Memorial Health Clinic**

330 Ellis St, Suite 418  
San Francisco, CA 94102  
Phone: (415) 674-6140  
[www.glide.org](http://www.glide.org)

Glide's Health Clinic is open:

M: 1-5pm, T: 1-5pm, W: 9am-1pm and Th: 1-5pm. They offer a variety of services including Urgent, Primary and Mental Health Care.

**♥Haight-Ashbury Free Medical Clinics, Inc.**

559 Clayton Street  
San Francisco, CA 94117  
Phone: (415) 487-5632  
Fax: (415) 431-9909

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

Primary medical care, women's health, TB testing, HIV and Hep C screening, physical therapy, chiropractic, acupuncture, and an HIV care program.

Populations Served: Any uninsured person over 16 years old.

Languages: Spanish, French, Cantonese & English.

### **Healthy Families Program-Alameda Alliance for Health**

P.O. Box 1875

San Leandro, CA 94577-9838

Phone: (510) 747-4500 or toll free (877) 371-2222

The Healthy Families Program is health, dental, and vision coverage for children from birth until their 18<sup>th</sup> birthday. Each child enrolled in the program has access to doctor visits, prescription drugs, dental care, hospital and emergency room care, eyeglasses and eye care, preventive care and immunizations. Healthy Families Program covers children who are California residents, U.S. citizens (nationals or eligible qualified immigrants), in a family with low income, not eligible for no-cost Medi-Cal, not covered by employer-sponsored health insurance, newborn through their 19<sup>th</sup> birthday, under the age of 18 and not living at home.

### **Hospice by the Bay**

1540 Market St, Suite 350

San Francisco, CA 94102

Phone: (415) 626-5900

Fax: (415) 626-7800

[www.hospicebythebay.citysearch.com](http://www.hospicebythebay.citysearch.com)

Provides home health and hospice care, grief support group, bereavement counseling, and emotional and practical support.

### **Kaiser Permanente**

2241 Geary Blvd

San Francisco, CA 94115

Phone: (415) 8332000

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

### **Latino Family Center**

820 Valencia Street

San Francisco, CA 94110

Phone: (415) 826-6767

### **©Lyon-Martin Women's Health Services**

1748 Market Street, Suite 201

San Francisco, CA 94102

Phone: (415) 565-7667

Fax: (415) 252-7490

[www.lyon-martin.org](http://www.lyon-martin.org)

### **Maxine Hall Health Center (SFDPH)**

1301 Pierce St

San Francisco, CA 94115

Phone: (415) 292-1300

Women's clinic with family planning, birth control, primary health care and prenatal care.

Languages: Spanish, English

**©Mission Neighborhood Health Center**

240 Shotwell Street

San Francisco, CA 94110

Phone: (415) 552-3870

Fax: (415) 431-3178

**Native American Health Center**

160 Capp St

San Francisco, CA 94110

Phone: (415) 621-8051

**New Generations Health Center**

625 Portrero Avenue

San Francisco, CA 94110

Phone: (415) 502-8336

**Ocean Park Health Center**

1351 24<sup>th</sup> Avenue

San Francisco, CA 94124

Phone: (415) 682-1900

Languages: Spanish, Chinese& English

**Planned Parenthood**

815 Eddy St, #200

San Francisco, CA 94111

Phone: (800) 967-7526

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

**Potrero Hill Health Center**

1050 Wisconsin St

San Francisco, CA 94107

Phone: (415) 648-3022

Provides dental, primary and prenatal care

Languages: Spanish, English

**♥St. James Infirmary**

1372 Mission Street

San Francisco, CA 94103

Phone: (415) 554-8494

Hours: Wednesdays, 6-9pm

Please see introduction for available services.

**Saint Luke's Hospital**

3555 Cesar Chavez Street  
San Francisco, CA 94110  
Phone: (415) 647-8600  
[www.stlukes-sf.org](http://www.stlukes-sf.org)

**Saint Luke's Neighborhood Clinic**

1580 Valencia Street, #506  
San Francisco, CA 94110  
Phone: (415) 647-8111

**Saint Mary's Medical Center**

450 Stanyan Street  
San Francisco, CA 94117  
Phone: (415) 668-1000  
[www.chwbay.org](http://www.chwbay.org)

**San Francisco General Hospital**

1001 Potrero Avenue  
San Francisco, CA 94110  
Phone: (415) 206-8000

**San Francisco VA Medical Center**

4150 Clement Street  
San Francisco, CA 94121  
Phone: (415) 221-4810 (24 hours)  
[www.sf.med.va.gov](http://www.sf.med.va.gov)

**Silver Avenue Family Health Center (SFDPH)**

1525 Silver Avenue  
San Francisco, CA 94134  
Phone: (415) 715-0300  
Provide family planning services, pregnancy testing and prenatal care, WIC and dental for children.  
Languages: Spanish, Tagalog, English

**South of Market Health Center**

551 Minna Street  
San Francisco, CA 94103  
Phone: (415) 626-2951  
Primary care for the homeless.

**Southeast Health Center**

2401 Keith Street  
San Francisco, CA 94124  
Phone: (415) 671-7000  
Fax: (415) 822-3620  
Languages: Spanish, Chinese, English

**St. Anthony Free Medical Clinic**

121 Golden Gate Ave.  
San Francisco, CA 94102  
Phone: (415) 241-8320  
Fax: (415) 241-8322

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

Adult urgent and primary care, pediatric urgent and primary care, podiatry, orthopedics, allergy/asthma, nutritional counseling, HIV testing and counseling.

Populations Served: All genders, cultures and races served. Primarily San Francisco residents who are without insurance, are homeless, substance users, or indigent.

Languages: Spanish, Laotian, Chinese, Mein, Thai, French, ASL, Italian, Hebrew, English.

Experience with Sex Workers: They encourage Sex Workers to utilize their services. Most staff very open-minded and considerate.

Internships: They are looking for interns or volunteers to work in the front office to help screen patients. They also offer a vocational job training service.

**Tenderloin Outpatient Clinic**

251 Hyde Street  
San Francisco, CA 94102  
Phone: (415) 673-5700 or (888) 246-3333 (Intake)  
Fax: (415) 292-7140

Mental health care; individual and group therapy, medication management, case management, and urgent care.

Populations Served: Adults must be referred by MH Access (call 1-888-246-3333 or drop-in at South of Market Mental Health at 760 Harrison/4th Street) and authorized for service.

Languages: Spanish, Cantonese, Lao & English.

Experience with Sex Workers: Many clients have engaged in sex work.

**Tom Waddell Health Center**

50 Ivy Street  
San Francisco, CA 94102  
Phone: (415) 554-2950  
Fax: (415) 554-2919

Primary and urgent care, medical and social services.

Populations Served: San Francisco residents who are homeless, marginally housed or under insured. They focus on the Tenderloin, Civic Center, and 6th Street communities including individuals with substance use problems and mental health issues.

Languages: Spanish, Tagalog & English.

Experience with Sex Workers: They see Sex Workers in their Woman's, Transgender and Primary care clinics.

**University of California at San Francisco/Bay Area Perinatal AIDS Center-BAPAC**

San Francisco General Hospital  
1001 Portrero Avenue, 6D-33  
San Francisco, CA 94110  
Phone: (415) 206-8919  
Fax: (415) 206-3626

<http://php.ucsf.edu/bapac>

BAPAC provides family-centered preconception, prenatal and post-partum care to HIV infected women and their families.

**University of California at San Francisco/School of Dentistry**

707 Parnassus Avenue  
San Francisco, CA 94143  
Phone: (415) 476-1891  
<http://dentistry.ucsf.edu>

**♥University of California at San Francisco/Stanford Medical Center**

505 Parnassus Avenue  
San Francisco, CA 94143  
Phone: (415) 476-1000  
[www.stanfordhospital.com](http://www.stanfordhospital.com)

**♥Women's Community Clinic**

2166 Hayes Street, Suite 104  
San Francisco, CA 94117  
Phone: (415) 379-7800  
Fax: (415) 379-7804

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

Free annual exams, screening and treatment of STD's, pregnancy testing, family planning including birth control, menopausal care, confidential HIV testing, and counseling, acupuncture and homeopathy, free clothing and food, comprehensive health education.

Populations Served: Low income and underinsured women or those women seeking confidential care or an all female environment.

Languages: Spanish, Portuguese & English.

Experience with Sex Workers: Sex workers do use their services.

## SEXUAL HEALTH

### Safer sex techniques:

- Wash hands with soap and water before engaging in any sexual activity and after the disposal of condoms and dams, or handling of sex toys with another person's body fluids.
- Condoms, dams and gloves must never be reused.
- Sex toys must be covered with a new condom for each partner.
- The condom must be removed and discarded after each use and the equipment cleaned and then disinfected.
- Use dental dams or plastic wrap for both cunnilingus and rimming.
- Use latex gloves (ideally, elbow length) and lots of lube for fisting.
- In situations where more than one worker is providing service to a client - threesomes for example - it is necessary to ensure that vibrators, dildos and so on are not used by one person and then another without being cleaned, disinfected and having a new condom put on first. Ideally each worker should have his or her own toys and equipment, which are not used by other workers. In addition, each worker may choose to use a condom of a different color in order to identify who has used the dildo last.
- Latex or rubber sex toys may be cleaned using antibacterial soap and water
- Plastic battery operated sex toys should not be soaked in water—use antibacterial wipes to clean.
- Escorts should carry plastic bags in which to dispose of used materials.

### Condom breakage is most likely to occur for the following reasons:

- The condom has passed its expiration date or has been stored incorrectly. Condoms and dams must be stored in a dry, cool and dark area.
- The condom is torn or damaged by a fingernail or jewelry during application or use.
- Insufficient lubricant has been used - particularly in anal sex or just before menstruation when the vagina can be drier than usual. Lubricant should be reapplied on the outside of the condom as needed.
- Oil-based lubricant has been used. Only water-based lubricant should be used with condoms and dams.
- If the sexual act is of particularly long duration

### Condom slippage may occur:

- If the insertive partner does not have the condom rolled on all the way to the base of the penis.
- If the insertive partner fails to hold on to the end of the condom at the base of the penis while withdrawing.
- If the insertive partner's penis is only semi erect or flaccid.
- If the insertive partner's penis is small and/or thin, or flared.
- During sexual acts of particularly long duration.

### To avoid condom breakage and slippage the sex-worker should:

- Apply a small amount of lube to the tip of the penis prior to rolling the condom on—it will feel better for the client and prevent breakage.

- Make sure that the condom has been put on properly—squeeze the tip of the condom while unrolling it onto an erect penis or dildo, completely down to the base.
- Before starting a service ensure that a variety of sizes and types of condoms and water-based lubricant are close at hand.
- Regularly check the condom when the service has been occurring for more than five to ten minutes (re-lubrication is a good excuse to use to stop the service and check/change the condom).
- Become familiar with what a condom breaking and a broken condom feels like - possibly by discussing it with other workers who have experienced it.
- Alert the employer and other workers to any client who attempts to break or remove a condom during a service.

In the event of a condom breaking or clipping, regardless of whether the male has ejaculated, there is the potential for the exchange of body fluids in either direction between the two partners. If the worker or client realizes the condom broke, the worker should ensure the following steps are carried out:

During vaginal or anal sex:

- Stop the service immediately.
- The insertive partner should withdraw holding the condom on at the base of the penis. He should then urinate to clear the urethra and wash the genital area thoroughly, particularly under the foreskin if present.
- The receptive partner should remove excess semen from the vagina by squatting and squeezing it out using vaginal muscle exertion. Fingers can be used to scoop out any remaining excess semen. However, care must be taken to avoid scratching the lining of the vagina with fingernails or jewelry. Remove excess semen from the anus by sitting down on the toilet and bearing down. Fingers should not be used in the anus.
- The Morning After pill, or other emergency contraception can be used to prevent pregnancy. Seek care at a clinic or emergency room ASAP.
- Medication is available if you think you have been exposed to HIV or other STI's. Seek care at a clinic or emergency room ASAP. For an HIV exposure, antiretrovirals (anti-HIV meds) are typically given for a month. For an STI exposure many drugs can be prescribed for quick treatment.

If a condom breaks or slips during oral sex:

- The receptive partner should spit out any semen and rinse their mouth with a chlorhexidine-based mouthwash, a diluted tea-tree oil mixture, or Betadine. They should not brush or floss their teeth or eat for at least an hour afterwards. The insertive partner should urinate and wash their penis thoroughly particularly under the foreskin.

#### Trick Sex:

'Trick sex' is having intercourse between the thighs, under the armpits or in a cupped hand held in the genital area. If a worker has shaved or waxed their body or public hair, they need to be careful of cuts and scrapes. Any cuts, abrasions, rashes or grazes should be covered to prevent possible contact with body fluids. If a condom breaks or slips during trick sex the insertive partner should wash the genital area thoroughly.

### Douching

Douching is the process of rinsing out the vagina or anus with a variety of store products, vinegar, baking soda and many other preparations.

#### *What is a good way to clean the vagina?*

Don't douche with anything. The vagina does a great job of cleansing itself naturally with normal secretions (fluids). Recent studies show that women who douche seem to get more PID (infection of uterus, tubes, ovaries) or BV (Bacterial Vaginosis) infections.

Feminine hygiene sprays, powders and wipes are not necessary. Mild soaps (like Dove) and warm water are the best cleaners for the outside lips of your vagina. Don't use very hot water or anti-bacterial/deodorant soap. Your vaginal tissue is very sensitive.

#### *What is a good way to clean the anus?*

Washing the anal region before and after anal sex reduces the amount of bacteria that can be transmitted from partner to partner. Enemas can be used to clean the anus, but overuse can destroy the normal, healthy balance of bacteria in the lower intestine.

### Spermicides:

Spermicidal foams and creams are designed to prevent pregnancy by destroying the sperm with which they come in contact. Nonoxynol-9 - a major ingredient in many spermicides may prevent transmission of STI's such as Chlamydia, gonorrhea and herpes by killing sperm and infectious cells in the vaginal tract. But over the last ten years there has been a growing body of evidence to suggest that frequent and regular use of nonoxynol-9 may lead to genital irritation, vaginal and cervical ulcers and recurring yeast infections. These conditions may actually result in a greater exposure risk for STI's. **Sex industry workers should not use nonoxynol-9 until we learn more.** If a spermicide is used, the worker should monitor to ascertain whether any irritation is occurring. Using an applicator insert half to a full applicator of spermicide well into the vagina spreading it all over with the fingers, being careful not to scratch the lining of the vagina with fingernails or jewelry.

*(Excerpts from: L. Lynn Stern, Tricks of the Trade: Reducing Risks for Sex Workers; Danzine, Multnomah County Health Department, Occupational Safety in Adult Entertainment for a Healthy Community; Home Alive, Sex Worker Resource Guide)*

## COMMUNICABLE & SEXUALLY TRANSMITTED INFECTIONS (STI's)

### Bacterial Vaginosis

Also called "Gardnerella," or just "B.V."

Bacterial Vaginosis is an infection in the vagina caused by an overgrowth of normal vaginal bacteria (germs). It probably doesn't pass from a man to a woman but it can pass between two women who engage in vaginal contact. It may smell worse if exposed to semen.

### *How do I know if I have B.V.?*

Women may have any of the following problems:

- Gray, yellow or white smelly discharge from the vagina or on your underwear.
- May have itching around the vagina.
- No symptoms but your doctor may find B.V. while looking at your vaginal fluid under the microscope.

### *Is Bacterial Vaginosis a serious problem?*

If the B.V. is not treated, it can cause problems such as:

- Problems with delivery (birth) of a baby.
- Pelvic inflammatory disease (PID), a serious infection of the sex organs inside a woman's body that can lead to a loss of your ability to have children.
- Infection after an abortion.

### *How do I avoid getting B.V.?*

- Use condoms (rubbers) every time you have sex. This may help prevent spreading B.V. if it is passed during sex (we don't know if it is or not).
- Do not douche (rinse vagina with water or other liquid)! Douching may increase the B.V. bacteria in the vagina. It also kills the good bacteria that help keep the vagina healthy.

### *How is B.V. treated?*

A medicine called metronidazole (flagyl) is used to kill the B.V. germs. You will be using a vaginal cream or taking pills for one week, or you may be given several pills to take at one time.

Do not drink any beer, wine or other alcohol drinks for 24 hours (one full day) before you start taking flagyl, and for 1 day after you take it.

## Chancroid

Chancroid is a Sexually Transmitted Disease caused by a type of bacteria (germ). It can infect men and women. Chancroid can be passed from one person to another during anal, oral, or vaginal sex with an infected person.

*What do I look for?*

Men:

- Painful sores on the penis, or around the groin or rectum (butt).
- Pain or swelling in the groin area.
- Pain when having bowel movements.

Women:

- Painful sores around or inside the vagina or rectum.
- Pain when peeing.
- Pain when having bowel movements.
- Sometimes sores can be found on the breast, fingers, thighs or in the mouth.

*How do I avoid getting chancroid?*

- Use condoms every time when having sex.
- Ask your sex partners full genital area to see if they have sores, pain or discharge on or around the sex organs.
- Check your sex partner(s) for signs of the disease.
- Talk about chancroid and other STI's before having sex with a new partner.

*Is Chancroid dangerous?*

Yes! If not treated, the painful sores can grow and spread to other parts of the body. The open sores produced by chancroid make it easier to catch other STI's and even HIV, the AIDS virus.

*What can I do if I have chancroid?*

- Antibiotics (pills or shots) your doctor gives you will kill the germ that causes chancroid. Take all of your pills, even if you feel better. If you may be pregnant, tell your doctor.
- Your sex partner(s) must be examined and treated. If not treated, they can give the infection back to you, or infect others.
- If you have sex, always use a condom. Avoid having sex until you and your partner(s) finish treatment.
- Plan ahead. Talk with a new sex partner about chancroid or other STI's and the need to use condoms before having sex.

## Chlamydia

Chlamydia (cla-mid-ee-ah) is a Sexually Transmitted disease caused by a type of bacteria (germ). Chlamydia can infect men, women, and children. It is passed from one person to another during vaginal, anal and oral sex. Chlamydia can also be passed from an infected mother to her baby during birth, causing serious eye infections and lung disease.

### *What Do I Look For?*

Men:

- Pain or swelling around the groin.
- Discharge (drip) from the head of the penis, or the anus.
- Pain or itching of the head of the penis.
- Pain when peeing.

Women:

- Pain and itching of the vulva or vagina.
- Discharge (drip) from the vagina.
- Unusual bleeding from the vagina, or the anus.
- Pain when peeing.
- Pain when having sex.

**Many people do not have any symptoms.** Both men and women can have Chlamydia and not know it! Even without symptoms, Chlamydia can cause serious health problems. See your doctor regularly if you are sexually active, to be tested for Chlamydia and other STTs.

### *Is Chlamydia Serious?*

Yes! If you have Chlamydia and you are not treated quickly, you could become sterile (unable to produce children). This is true for both men and women. PID (pelvic inflammatory disease), a dangerous pelvic infection in women, is a common result of untreated Chlamydia infection.

### *How is Chlamydia Treated?*

- Your doctor will give you medicine to kill the germ in your body. Take all of the pills you are given, even if you feel better. If you may be pregnant, be sure to tell your doctor.
- Your sex partner(s) must be examined and treated. If not treated, they can give the infection back to you, or infect others.
- If you have sex, always use a condom (rubber) for vaginal, anal, and oral sex. Avoid having sex until you and your partner(s) have completed treatment.
- Plan ahead. Talk with a new sex partner about Chlamydia or other STTs and the need to use condoms before having sex.

### *How Do I Avoid Getting Chlamydia?*

- Use condoms every time when having sex.
- See a doctor if you or your partner(s) have any signs of Chlamydia.
- If you have more than one sex partner, consider getting an exam for STTs.

## Fungal Infections

Fungus infections are caused by a group of organisms that normally live on the skin, but multiply to cause problems under certain conditions. Fungus can infect the skin in and around the sex organs of both men and women. Sometimes they grow in number and become a bother, especially in areas of the body that are warm and moist, such as between the legs in men and women, and under the breasts in women. Fungus infections are made worse by sweat, friction, tight underwear or wearing spandex and bike shorts, and wearing multi-layers of clothes covering moist body areas. Also, fungal infections may be worse in hot weather.

Fungal infections usually are NOT sexually transmitted.

*What do I look for?*

Men:

- Patches between the legs and on the testicles.
- Red spots, itching, or white patches on the head of the penis, between the legs and on the butt, caused by yeast.

Women:

- A white cottage cheese like discharge, and itchiness.

Both:

- Itchy spots on the skin of the chest, back, trunk of the body and in the groin.
- Brown, tan, or red scaly patches that may have crusting or bumpy edges.

*How is fungus treated?*

- Get plenty of air to the rash.
- Men, try wearing boxer shorts instead of briefs.
- Dry your body off well after bathing. Use a blow dryer between your legs while foreskin of penis is pulled back/vagina lips are slightly spread apart.
- Medications called "anti-fungals" can be purchased at a drugstore: Tinactin, Micatin, Lotrimin. They come in cream or powder. Use them twice a day and continue using them for two weeks after the rash has gone away. If these medicines are not helping, return to the clinic for another exam.
- Women can buy over-the-counter vaginal cream to insert into the vagina. Try to use them before sleeping to prevent leakage. They may not work if you have sex after inserting the cream. There is now also a one-day pill, which must be prescribed by a medical provider.

Don't try to diagnose yourself. These infections can occasionally look very much like syphilis (another more serious sexually transmitted infection).

## Genital Warts

Genital warts are a sexually transmitted disease caused by the human papilloma virus (HPV). The virus is transmitted by skin-to-skin contact, such as the vaginal lips to the testicles, and the disease does not require the exchange of semen or vaginal fluid. Not everyone with the genital wart virus will have signs of disease. You may have painless wart-like growths on or in your sex organs or around your anus (butt). The warts may vary in size and be bumpy or flat. Often it takes a STI expert to see them.

### *What can I do if I have genital warts?*

- Be sure you see a clinician (licensed medical provider).
- Keep all your return treatment appointments.
- Your sex partner(s) should also be seen and treated.
- If you may be pregnant, tell your clinician.
- If you have sex, it is always a good idea to use a condom to avoid getting STI's. But, condom use is not a 100% protection from the wart virus.

### *How are genital warts treated?*

- A clinician puts a cold liquid chemical on the warts to remove them.
- You may need to come back more than once to finish the wart treatment.
- You may need longer treatment if you have HIV. The warts may increase in size and number more quickly. Tell your clinician if you are HIV positive.
- There is now a prescription cream called 'Imiquimod' which is applied to the infected area three times a week until the warts disappear. A medical provider needs to first diagnose you, and is then able to prescribe the cream.

### *Will the warts come back?*

Warts may return, even after treatment. This is because the virus stays on your skin once you are infected. You can pass the virus to your sex partners during vaginal or anal sex, even when you don't have warts you can see.

### *How can I avoid getting genital warts?*

- Check yourself often for signs of actual warts; these can be treated. But remember: we treat the wart, not the virus, which stays on the skin.

Use condoms (rubbers) every time you have sex. Condoms reduce your risk for getting warts, but they won't guarantee protection. Condoms also help to prevent other STI's.

## Gonorrhea

Gonorrhea (gon-or-e-uh) is a Sexually Transmitted disease caused by a type of bacteria (germ). Gonorrhea can infect men, women, and children. It is passed from one person to another during vaginal, anal and oral sex. Gonorrhea can also be passed from an infected mother to her baby during birth. Both men and women can have gonorrhea and not know it! Even without symptoms, gonorrhea can cause serious health problems.

### *What Do I Look For?*

Men:

- Discharge (drip) from the head of the penis, or the anus.
- Pain or swelling around the groin.
- Pain or itching of the head of the penis.
- Swelling of the penis.
- Pain when peeing.
- Sore throat.

Women:

- Discharge (drip) from the vagina.
- Lower abdominal pain.
- Unusual bleeding from the vagina, or the anus.
- Pain when peeing.
- Pain when having sex.
- Sore throat.

### *Is Gonorrhea Serious?*

Yes! If you have gonorrhea and you are not treated quickly, you could become sterile (unable to produce children). This is true for both men and women. PID (pelvic inflammatory disease), a dangerous pelvic infection in women, is a common result of untreated gonorrhea infection.

### *How is Gonorrhea Treated?*

- Your doctor will give you medicine to kill the germ in your body. Take all of the pills you are given, even if you feel better. If you may be pregnant, be sure to tell your doctor.
- Your sex partner(s) must be examined and treated. If not treated, they can give the infection back to you, or infect others.
- If you have sex, always use a condom (rubber). Avoid having sex until you and your partner(s) have completed treatment.
- Plan ahead. Talk with a new sex partner about gonorrhea or other STI's and the need to use condoms before having sex.

### *How Do I Avoid Getting Gonorrhea?*

- Use condoms every time when having sex.
- See a doctor if you or your partner(s) have any signs of gonorrhea.
- If you have more than one sex partner, consider getting an exam for STI's.

## Hepatitis A, B & C

Hepatitis means "inflammation of the liver". It is usually caused by one of three viruses: Hepatitis A, B, or C. The effects of each virus are different, but in some cases viral Hepatitis can lead to cirrhosis (scarring) of the liver, eventually causing serious, life-threatening disease, and even liver cancer. Although less common, Hepatitis can also be caused by heavy long-term alcohol use, some medicines, and illnesses passed down from your parents.

The liver keeps your body functioning smoothly. It helps digest food and get rid of toxins and other things foreign to your body (like drugs!). When the liver gets so damaged that it can't work properly, a transplant may be your only medical option. Liver transplants are difficult, expensive and hard to get. Even after a transplant, Hepatitis C may sometimes re-appear in your new liver. This is why preventing Hepatitis, and, if you're infected, early detection and care that keeps your liver from being seriously damaged, is so important!

Hepatitis A (HAV) is caused by a virus found in feces (shit). You can get Hepatitis A if you have contact with infected feces. The most common way this happens is through swallowing contaminated food or water. You can also get it through sexual acts like rimming (licking someone's asshole) or sucking a guy off immediately after he's had anal sex. In either case, the virus can be transmitted by tiny amounts of feces that you can't see. Almost everyone infected with Hepatitis A recovers completely in about 4 to 8 weeks. You may have no symptoms, or you may suffer from nausea, vomiting, jaundice (yellow skin and/or eyes), diarrhea, and/or an extreme lack of energy. Hepatitis A is rarely dangerous, unless you also have Hepatitis C. When you have active Hepatitis A, you can pass the virus on to another person-even if you have no symptoms. Once you recover, you can't spread Hepatitis A and you're immune to getting it again. This is because your immune system develops antibodies that are able to fight off future exposures to Hepatitis A.

Hepatitis B (HBV) is caused by a virus found in blood, semen (cum), vaginal fluids, breast milk, and saliva (spit). It is spread by sharing syringes or infected water when injecting. It can also be spread by sharing other injection equipment (like cottons and cookers) and, perhaps, snorting or smoking devices (like straws or crack pipes). Hepatitis B is transmitted sexually too, through unprotected vaginal, anal, or oral sex with a person infected with Hepatitis B. Hepatitis B can be transmitted from a pregnant woman to her fetus in the womb, or to her infant during or after birth. And because it is so easily transmitted through body fluids, Hepatitis B is sometimes spread through sharing things such as toothbrushes and razors. When you are infected with Hepatitis B the sickness may start gradually, usually lasting a month or two. Sometimes you may not know you're infected because you don't look or feel sick: the virus can remain active within your system, and you can still infect others. Only about 1% of people who get HBV die, and most people recover completely from Hepatitis B within about 6 months. These people are said to have had acute Hepatitis B. However, about 5-10% of people who get Hepatitis B remain capable of spreading the virus for the rest of their lives and can develop chronic liver disease.

Hepatitis C (HCV) is another virus found in blood and mostly transmitted through blood to blood contact. It is usually spread by sharing syringes or infected water when injecting. It can also be spread by sharing other injection equipment (like cottons and cookers) and, perhaps, snorting or smoking devices (like straws or crack pipes). Non-sterile tattooing and body piercing equipment can transmit the virus, too. Sometimes Hepatitis C can be transmitted from a pregnant woman to her fetus in the womb. It may also be possible to get it from razors and toothbrushes shared with someone who has the virus. Hepatitis C may be transmitted through sexual contact. Only a very few people with Hepatitis C develop the usual symptoms of jaundice, fever, and flu-like symptoms

that can last up to six weeks, right after getting infected. Others only discover they're infected several years later when they get sick and testing confirms they have the virus. A large percentage of people (75-85%) with Hepatitis C never clear the virus out of their system. These people can continue to infect others, and are said to be "chronically infected". Most studies have reported that cirrhosis develops in 10-20% of the people who are chronically infected with Hepatitis C over a period of 20-30 years after the initial infection, and liver cancer in 1-5% of these people.

To prevent Hepatitis A:

- **Get vaccinated.** (2 shots over 6 months)
- Be as careful as possible to only eat food prepared under clean conditions.
- Keep your bathroom separate from your cooking and eating facilities.
- Wash your hands thoroughly after using the bathroom, and before cooking or eating.
- Use protection when having sex (with condoms, dental dams, latex gloves), especially when practicing anal sex, combinations of anal and oral sex, or rimming.

To prevent Hepatitis B:

- **Get vaccinated.** (3 shots over 5-6 months)
- Use protection when having sex (with condoms, dental dams, latex gloves).
- Use the safer injection guidelines outlined in this brochure.
- Use less risky methods to take your drugs, like snorting and smoking with your own straws and pipes.
- Get vaccinated.

To prevent Hepatitis C:

- Use protection when having sex (even though Hepatitis C is not commonly spread sexually, many people choose to practice safer sex to reduce the risk).
- Use less risky methods to take your drugs, like snorting and smoking with your own straws and pipes.
- Never share needles! If you can't get a new syringe, use bleach to clean your works and equipment (including caps and cookers) for at least 2 minutes.
- Wash your hands thoroughly with soap and water before using your finger to find a vein, or to pick up a cotton. Use sterile water if possible. Otherwise, always use the cleanest water you can find for mixing and injecting drugs and rinsing injection equipment. Shoot your own drugs, if at all possible.
- If you are chronically infected with Hepatitis C, you may be at an increased risk to die from a Hepatitis A infection. If you have the Hepatitis C virus, vaccination against Hepatitis A is medically necessary.

The National Hepatitis Hotline, (800)465-4837 or (800)GO-LIVER

### Herpes

A person with herpes can pass it to sex partner(s) when having anal, oral, or vaginal sex. This usually happens when the infected person has sores. Transmission only requires skin-to-skin genital contact. It can be passed without exposure to semen or vaginal fluid. The virus can be passed without sores, too. You can also get it from oral sex, either from the mouth to the sex organs, or from the sex organs to the mouth.

### *What Do I Look For?*

- Most people with herpes do not show any symptoms, but the first time you get herpes, you may get painful sores or blisters at the site of infection - usually either on the mouth, penis, vagina, or anus (butt). You may also feel tired or sick, and get headaches or a fever.
- In women, sores or blisters may occur inside the vagina where they can't be easily seen.
- Men and women: Once you get infected with the herpes virus, it stays in your body for life. You won't have sores all the time, but they may return when you are sick or under stress. We think herpes can be passed to your sex partner(s) during sex even when the sores aren't present. Sometimes, a pregnant mother may give the virus to her baby during birth, but this is rare.

### *Is Herpes Serious?*

For most people, herpes is just an annoyance and by itself, not a serious disease. However, having herpes sores can increase your chances of getting HIV (the AIDS virus). The sores make it easier for the HIV to enter your bloodstream if you are exposed to HIV during sex. The sores may or may not return. Remember, you may be able to spread the herpes virus even if you don't have sores. Often the outbreaks decrease in severity and frequency over time. When sores are present on your lips or genitals, avoid having sex, because the sores can get irritated and spread. Wash your hands often to prevent spreading herpes to other people and other parts of your body.

### *What can I do if I have herpes?*

- There is no cure for herpes at this time, but treatment is available.
- There is a medicine that may make the sores go away more quickly -- ask your doctor for more information.
- Treatment is recommended mostly for the first episode, or for people who have HIV.
- Also, you may feel better if you take aspirin or soak in a warm bath.
- Keep the sores clean and dry so they will heal more quickly.
- Wear loose cotton underwear and clothes.
- Avoid touching your eyes, unless you wash your hands first.
- We recommend that you inform your sex partners. There is no easy way to tell if they have the virus, but they may need to know they were exposed to it.
- If you have sex, always use a condom. This may be helpful, but will not guarantee 100% protection, since sores can be in places the condom doesn't cover, but is much better than using nothing.
- When you have a herpes sore on your lip or in your mouth, avoid kissing anyone or having oral sex.

### Human Immunodeficiency Virus (HIV)

HIV is found in white blood cells and is present in the blood, semen, vaginal fluids, and breast milk of infected persons. HIV is an STI, and is often transmitted at the same time as other STI's, and in much the same ways. STI's that cause genital ulcers (i.e., syphilis, herpes, chancroid) may greatly increase the chance of HIV entering or exiting the body. HIV is not transmitted by "casual contact", such as sharing eating utensils, hugging, touching or other close, nonsexual contact. Only blood-to-blood and sexual fluid contact allows for transmission. HIV Disease, in its final stages (full-blown AIDS), has a very high case fatality rate.

### *How is HIV transmitted?*

HIV is transmitted through unprotected vaginal and anal sex, oral sex, and contaminated needles, from an infected pregnant woman to her fetus during gestation or birth, and through breast milk of an infected woman to her newborn. HIV attacks and weakens the body's immune system, its natural defense against disease. Chances of transmission are increased when other STI's are present. HIV mainly lives inside cells of the immune system - T4 (lymphocytes and macrophages).

### *What are HIV symptoms?*

Most people will develop a positive HIV antibody test within 3 to 6 months after infection. It may be 6 months to several years after infection with HIV before symptoms appear, although HIV can be passed to others during this time. Early symptoms may be similar to the flu or other common illnesses, including prolonged fever, weight loss, severe tiredness, swollen glands, and severe diarrhea. But many people do not have, or recognize these early symptoms. Because the immune system does not work well, people with HIV can get severe pneumonia, unusual cancers, and other infections.

### *How is HIV treated?*

There is presently no cure for HIV-disease itself, but there are now many medications, which can help prevent HIV from weakening the immune system. These medications have helped keep people alive and strong for many years. There are also medications for some of the infections and complications caused by HIV.

Post-Exposure Prophylaxis (PEP) means giving anti-HIV treatments drugs to a person following an incident, which has resulted in high-risk potential exposure to HIV. Examples include a needle stick injury or, in the case of the sex industry, where a condom has broken during penetrative sex with a client or where a worker has been forced to have vaginal or anal sex with a client without a condom. There is no guarantee that PEP will be effective in preventing HIV seroconversion. All relevant factors should be discussed with an experienced HIV/AIDS counselor or doctor. It is extremely important to note that PEP is not and should never be a substitute for safe sex.

### *How can I prevent HIV?*

- Use latex condoms, plastic kitchen wrap, and/or dental dams to avoid exposure to an infected partner's blood, semen or vaginal fluids - for anal, vaginal, and oral sex.
- Never share needles (see the list of needle-exchange sites)! If you do choose to share needles, be sure to clean the needle with bleach.

### Molluscum Contagiosum

Molluscum Contagiosum is caused by a virus that is related to chickenpox. Molluscum can be passed from one person to another during sex, and can also be passed by skin-to-skin, nonsexual contact. Molluscum may also be passed by objects, such as sharing towels or in swimming pools used by people with the Molluscum virus.

#### *How do I know if I have Molluscum?*

- Several smooth, firm, rounded bumps with a dip in the center, that appear on the thighs, sex organs, butt, navel and below the waist.
- In children and some persons with HIV, the bumps may appear on the face.
- Bumps may be tan, yellow, gray or pink in color.

#### *How can I avoid getting Molluscum?*

- Use condoms (rubbers) every time you have sex.
- Check your sex partners for signs of STI's.

#### *How is Molluscum treated?*

The treatment is liquid nitrogen (a very cold gas) that is put on the bumps to destroy them. You may need to come back to the clinic more than once to get rid of the infection.

#### *What can I do if I have Molluscum?*

- Be sure you see a clinician and keep all your return appointments.
- If you have sex, always use condoms (rubbers). They may not be 100% effective, but they will help if there are bumps on or near the sex organs.

### Mucopurulent Cervicitis (MPC)

Mucopurulent Cervicitis or MPC, is pus on the cervix (the opening to the womb), caused by infection with Sexually Transmitted Disease bacteria (mostly Chlamydia and gonorrhea germs). These bacteria are spread from one person to another during vaginal sex.

#### *What Do I Look For?*

- A woman often will have no signs of a problem, but you may notice a yellow or green vaginal discharge.
- MPC can be seen by the clinician during your pelvic exam. Your cervix looks irritated and red.
- Pus (fluid showing infection) is seen when the clinician looks at your vaginal discharge under the microscope.

#### *Is MPC Serious?*

YES! MPC can lead to PID (Pelvic inflammatory disease) and infertility (the loss of the ability to have a baby). If you are pregnant and have MPC, and are not treated you may lose the baby.

#### *How can I avoid getting MPC?*

- Use condoms (rubber) every time you have sex.
- Check your sex partners for signs of STI's
- Talk about STI's before having sex with a new partner, and plan to have safer sex.

*How is MPC treated?*

- Your doctor will give you medicine to kill the STI bacteria that cause MPC. They are either taken by mouth or are given to you in a shot.
- The medicines are effective for killing the Chlamydia and gonorrhea bacteria.

*What can I do if I have MPC?*

- The pills or shots your clinician gives you will kill the germs that cause MPC. Take all of your pills, even if you feel fine.
- Tell your sex partners. They must be seen by a clinician and get treatment, even if they have no signs of a disease. Avoid having sex until you and your sex partner finish treatment.
- If you are pregnant, tell your clinician.
- Plan ahead. Talk with a new sex partner about MPC or other STI's and the need to use condoms before having sex.

## NGU

Also called Non-gonococcal arthritis and non-specific urethritis. NGU is a Sexually Transmitted Infection (STI) caused by bacteria (germs), such as Chlamydia, mycoplasma, urea plasma or Trichomonas. NGU is passed from one person to another during vaginal, anal, and possibly oral sex.

### *Is NGU Serious?*

Yes, it can be. Like most STI's, NGU is more serious for women than for men. It can cause infertility in women (loss of the ability to have children). NGU can also cause PID, pelvic inflammatory disease; a dangerous infection of the uterus, tubes or ovaries. Sometimes NGU may cause an infection of the testicles (balls) in men and sterility (loss of the ability to father children).

### *What Do I Look For?*

Men:

- Pain or swelling around the groin.
- Discharge (drip) from the head of the penis, or the anus (butt).
- Pain or itching of the head of the penis.
- Pain when peeing.
- You may have NGU but have no symptoms at all.

Women:

- Usually there are no symptoms.

### *How can I avoid getting NGU?*

Use condoms every time you have sex.

### *How is NGU treated?*

Your clinician can give you medicines to kill the germs that cause NGU. It's important to finish your medication so the disease doesn't come back.

### *What can I do if I have NGU?*

- Your sex partners must be examined and treated. If they aren't treated, they could give the infection back to you, or infect others.
- Even if your test for Chlamydia is negative, it doesn't mean you are free of a disease. Remember, there are several different germs that can cause NGU.
- If you think you may have an infection, come to the clinic for a STI check-up. Your partners should get checked also.

### The Pelvic Exam and Pap Smear

The pelvic examination is a "check-up" of your vagina (inside and outside), cervix (opening of the uterus) and uterus (womb). Your clinician will look inside the vagina with a speculum (plastic or metal instrument that lets the clinician see inside the vagina), and may also take tests at that time such as a "pap smear" and tests for gonorrhea and Chlamydia.

#### *What happens during the pelvic exam?*

Part one: During the pelvic exam, drops of discharge from the vagina may be looked at under the microscope to check for yeast, trichomonas, bacterial vaginosis and irritation or infection of the cervix. A check for genital warts, herpes, or syphilis sores is done by looking carefully at the outside and inside of the vagina.

Part two: The second part of a pelvic examination is when the clinician puts two fingers inside the vagina and checks the uterus, fallopian tubes and ovaries for normal development, infection (such as PID), tubal pregnancy or ovarian cysts.

#### *What is a pap smear?*

A "pap smear" is not the same thing as a pelvic exam, and is not done every time you have a pelvic exam. It is a gentle scraping of the loose cells at the opening of the cervix. The cervix is located at the back of the vagina. The cells are put on a glass slide and examined under a microscope for any changes or abnormalities. The purpose of doing "paps" is to find early changes in the cells that may need treatment so that cancer never gets a chance to develop.

#### *When should I get a pap smear?*

For most women we suggest a pap test every 12 months. If you have ever had an abnormal pap, or if you have a history of genital warts, you may need to get repeat paps every 3 - 6 months, until the cells return to normal.

#### *What are the results of a pap smear?*

- It can be read as "normal" (satisfactory, without signs of cancer).
- It can be read as "unsatisfactory" (not a good specimen. Needs to be repeated).
- It can be read as "inflammation" (irritation of the cells, maybe from a vaginal infection or STI such as trichomonas).
- It can be read as "atypical" (mildly abnormal cell changes).
- It can be read as "abnormal changes in the cells," or "dysplasia" which suggest wart virus (HPV infection) or sometimes, pre-cancer types of changes in the cells.
- Another useful function of the Pap smear test is to find possible wart changes on the cervix.
- If you have had genital warts (outside or inside the vagina), you may need a pap smear more than once a year.

Please remember you cannot get a pap smear during your period. For best results don't douche, use any medication in your vagina, or have sexual intercourse for 24 hours before your pap is done.

### Pelvic Inflammatory Disease (PID)

Pelvic Inflammatory Disease (PID) is a serious infection usually caused by gonorrhea, Chlamydia or other bacteria (germs). The bacteria are passed during vaginal sex, and go from the vagina through the cervix (opening to the womb), into the uterus (womb), tubes or ovaries. They cause infection,

pain and scar tissue. PID is the leading cause of infertility (loss of the ability to have children) in women. Men can be carriers of bacteria and not know it because they may not have any symptoms (discharge or burning on urination). A woman can also have bacteria on her cervix without knowing it. There are also cases of people getting PID from sharing sex-toys, keeping a tampon in too long, or having anal to vaginal sex without changing the condom or washing the penis or sex toy.

#### *How do I know if I have PID?*

A woman can have any of the following problems:

- There may be no signs of PID.
- Pain in the abdomen during vaginal sex.
- Mild or severe pain in the lower abdomen (stomach).
- Pain in the lower back.
- Fever, chills or vomiting.
- Unusual bleeding or discharge from the vagina.

#### *Am I at risk for PID?*

A woman may be more likely to get PID if she:

- Had sex with a man without using a condom (rubber), or diaphragm.
- Has more than one sex partner in a short time period, or has partners who have more than one sex partner.
- Douches. This can push germs from the vagina into the cervix, uterus and tubes.
- Has had PID before.

#### *Is PID a serious problem?*

Yes! Once bacteria get into the vagina they can stay in the cervix and then cause PID. The bacteria can spread up into the uterus, tubes and then out into the ovaries. If left untreated, PID can lead to several complications, including:

- Pus in the tubes or an abscess inside the pelvis/lower abdomen.
- Blocks in the tubes (so you can't get pregnant).
- Scar tissue in the pelvic organs.
- Pregnancy in the tube, instead of the uterus (called "ectopic" or "tubal" pregnancy).
- Life-long pain in the abdomen, especially during sex.
- Surgery to remove the uterus, tubes and ovaries is needed ("complete hysterectomy").
- Each time a woman has PID she lowers her chance of a normal pregnancy by 15 to 30 percent.

#### *How is PID treated?*

- You will be given a shot in the arm and some pills to kill the bacteria that cause PID.
- You may need to stay in the hospital for treatment.
- Be sure to return to the clinic or hospital for all your follow-up appointments, to make sure the infection is getting better.
- Do not have sexual intercourse for at least 2 weeks, to allow your body and sex organs to heal.
- Take hot baths several times a day to speed up your healing.
- Finish all your medications, even if you feel better.

- Tell your sexual partners that they need to be treated. The local Health Department can tell your sexual partners they need to be treated without revealing your name.

*What can I do to avoid PID?*

- Get an STI check-up if you have had sex without using a condom (rubber). Try to get a check-up before your next menstrual period (it's easier for bacteria to get up through the cervix during your period).
- Use condoms every time you have sex, even if you are using birth control pills to prevent pregnancy. The pills will not protect you from STI infections.
- Using foam and diaphragm for birth control may help because they may keep germs and sperm/semen from getting into the cervix (opening to the womb).

## Syphilis

Syphilis is a Sexually Transmitted Infection caused by a type of bacteria (germ). It can infect men, women, and children. Syphilis can be passed from one person to another during anal, oral, or vaginal sex. It can also be passed from a mother to her baby during pregnancy. It can be transmitted through skin-to-skin contact and does not require exposure to semen or vaginal fluids.

Syphilis goes through four stages of infection:

- **Stage 1: Incubation**  
When you first get infected. You have no symptoms at this stage. It may take as long as 90 days for a blood test to show you have the disease.
- **Stage 2: Primary Stage**  
You get a painless sore on your penis, vagina, mouth or anus, which you may not notice. This sore will go away without treatment, but the germ will still be in your body. You may also have swollen glands in your groin. A blood test will show you are infected. You can spread syphilis easily during this stage of the disease.
- **Stage 3: Secondary Stage**  
You may get more sores or skin rashes, especially on your hands and feet in this stage. Without treatment, these symptoms will also go away, but you will still have the disease. Again, a blood test will show you are infected. You can spread syphilis easily during this stage of the disease, also.
- **Stage 4: Latent Stage**  
You will not have any symptoms at this stage, but a blood test for syphilis will show you have the disease. The syphilis bacteria will still be in your body and can cause many serious health problems.

*Is Syphilis serious?*

Yes! If not treated, syphilis can cause brain damage, heart disease, and other long-term health problems.

*How is Syphilis treated?*

- Your doctor will give you a shot to kill the germ in your body.
- You may need three separate injections, each one week apart.
- You will need a repeat blood test one week after treatment, and then every month until you are cured.

*What can I do if I have Syphilis?*

- If you may be pregnant, tell your doctor.
- Your sex partners must be examined and treated. If not treated, they can give the infection back to you or infect others.
- If you have sex, always use a condom. Avoid having sex until you and your partner(s) finish treatment.

Trichomonas (also called "TRICK")

Trichomonas is a Sexually Transmitted Infection (STI) caused by protozoan (a type of germ). It infects both men and women, but causes more symptoms in women. "Trick" is passed from one person to another during vaginal sex.

*How is Trichomonas spread?*

Women:

- A yellow-green or gray bubbly fluid from the vagina that may be smelly.
- Itching or burning on or around sex organs.
- Pain in the lower part of the abdomen (lower stomach).
- Pain or burning when peeing.

Men:

- Often men don't have any signs of problems.
- May have fluid from the penis.
- Rarely, pain or burning when peeing.

*How can I avoid getting Trichomonas?*

- Use condoms (rubbers) every time when having sex.
- Talk about STI's before having sex with someone, and plan to use safer sex.

*What can I do if I have Trichomonas?*

- Your clinician will give you pills called metronidazole (Flagyl) that will kill the germs that cause Trichomonas.
- Take all of the pills, even if you feel fine.
- If you may be pregnant, tell your doctor.
- DO NOT drink any alcohol drinks for 24 hours (one full day) before taking Flagyl, and for one day after you have finished it. It could make you sick.
- Your sex partner must see the doctor and get treated. If not, they may give the germs back to you, and to others. DO NOT share your pills.
- If you have sex, always use condoms (rubbers). Avoid having sex until you and your sex partners finish sex treatment.

*(SF Department of Public Health STD Prevention & Control Services, and Harm Reduction Training Institute [Hepatitis])*

## Tuberculosis (TB)

TB is a bacterial infection, which means it responds to certain antibiotics, listed below. If you've gotten TB, it's probably because you were in an enclosed space with someone who had active TB, breathing their air. Your friends aren't at risk for getting it from you through casual contact like drinking from the same bottle, hanging out, or even having sex with you.

If you test positive for TB, do your best to get the treatment you need and take all your meds, because TB is dangerous and miserable if you don't get treatment. These medicines, like other antibiotics, need to be taken regularly and to completion--you must take every dose until it's all gone, or they won't work and your infection will become resistant. Most of these meds have side effects, such as nausea or upset stomach, vision problems (Ethambutol), hearing loss (Kanamycin), skin rashes (Thiacetazone), or liver injury. Not everyone gets these side effects, and not all the meds cause them, but you want to have pretty regular contact with your physician so that he or she can run tests for changes in liver enzymes, hearing, vision, and other functions.

Treatments for TB: (all are antibiotics)

Isoniazid

Rifampin

pyrazinamide

Ethambutol

Streptomycin

Para-aminosalicylic Acid

Ethionamide

Cycloserine

Capreomycin

Kanamycin

Thiacetazone

Interactions With Street Drugs:

**Rifampin** is a commonly used treatment for TB, but it's also a med to watch out for if you do IV drugs or methadone. It interacts with methadone, oral contraceptives (the pill), coumadin, anticonvulsants, etc. If you're on methadone, you'll need a significantly higher dose of the methadone because Rifampin clears it out of your system fast. It probably doesn't do the same thing with heroin, though, so do a small test shot and observe your body's reaction. If you're on the pill, it may affect your estrogen levels, so use condoms, or see if you can switch to a progesterone-only pill. It's unclear what Rifampin does when mixed with speed, coke, or other drugs, so talk with your physician.

**Cycloserine** can have the same negative side effects as a speed or coke binge. It can make you pace madly, and get you paranoid or even psychotic. If you do lots of speed, coke, ecstasy, or other uppers, you are more likely to have these nasty side effects, so don't take Cycloserine. (This could be true even if you have a history of using uppers, but don't do them any more.)

**Streptomycin, Capreomycin, and Kanamycin** are taken only by a muscle injection. This may work great for you if you're already used to giving yourself shots. On the other hand, if you're trying to stay off drugs or are making a plan to quit sometime soon, the needle use might trigger a relapse for you. If that's the case, consider a different medication.

Before you choose a medication, get yourself screened for Hepatitis A, B, and C (see the Hepatitis section). A lot of TB medications affect your liver, and can even induce non-viral hepatitis. Isoniazid, Rifampin, pyrazinamide, and ethionamide are the primary culprits for liver problems. Thiacetazone and para-aminosalicylic acid may also be liver-toxic. If you drink alcohol, you're at even greater risk. You may want to consider using a different medication. Definitely get vaccinated for Hep. A and B, even if you're not going to take any of these meds.

**Ethambutol, streptomycin, and capreomycin** are all associated with renal toxicity (they flick up your kidneys). See if you can get a kidney function screening done before you go on these meds, and again while you're on them. This is especially true if you're older, have a long and established career as an IV drug user, or frequently use lots of different drugs.

If you are HIV+, you may not want to go on **thiacetazone**, or **Rifampin** either, if you're on anti-viral treatment. Keep in mind that your window period is 4-6 months before an HIV test will show the presence of the virus.

*(“Drug Interactions...Between Prescription Drugs and Street Drugs,” Needle Exchange Emergency Distribution, Berkeley, CA)*

## HIV/AIDS SERVICES

### ©Action Point (SFAF)

117 6<sup>th</sup> St

San Francisco, CA 94103

Phone: (415) 487-3030

Provides case management and support groups for drug adherence issues for HIV positive adults with letter of positive diagnosis.

### AIDS Emergency Fund

965 Market Street, Suite 630

San Francisco, CA 94103

Phone: (415) 558-6999

Fax: (415) 558-6990

[www.aidsemergencyfund.org](http://www.aidsemergencyfund.org) or [AEF-SF.org](http://AEF-SF.org)

Available services: Provides grants of \$600/year per client to help with rent, utilities, phone bills, medical expenses, and storage. Helps with pre-arranged funerals for clients living with disabling HIV, AIDS, or breast cancer.

Languages: Spanish, Portuguese & English.

Experience with Sex Workers: Unknown because they don't ask, but they have worked with porn actors, erotic massage workers and prostitutes.

### ©AIDS Health Project

1930 Market Street

San Francisco, CA 94102

Phone: (415) 502-8378

AIDS Hotline 415-863-2437

Fax: (415) 476-7996

[www.UCSF-AHP.org](http://www.UCSF-AHP.org)

Professional psychotherapy for people with HIV disease. Free anonymous and confidential HIV Antibody Counseling and Testing. More than 50 support groups a week for people with HIV disease and people affected by HIV disease. HIV-related substance use services, including counseling and support groups. Workshops on both returning to work and attaining disability benefits.

### ©AIDS Legal Referral Panel

1663 Mission Suite 500

San Francisco, CA 94103

Phone: (415) 701-1100

Fax: (415) 701-1400

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

Free or low cost legal services to people living with HIV/AIDS throughout the San Francisco Bay area.

### ©AIDS Office

25 Van Ness Ave Suite 500

San Francisco, CA 94102

Phone: (415) 554-9000

Fax: (415) 431-7547

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

The HIV Health Services Branch does not provide any direct client services.

**©AIDS Project East Bay**

1755 Broadway, 2nd Floor

Oakland, CA 94612

Phone: (510) 663-7953

Offers low-cost or free HIV/AIDS care and prevention education in Alameda County, California.

**♥Asian Health Services**

818 Webster Street

Oakland, CA 94607

Phone: (510) 986-6830

Fax: (510) 986-6890

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

Available services: HIV testing, family planning, STD screening, youth/teen clinic, health education and access info, breast cancer screening, HIV/STD prevention education and counseling, referral services and prenatal care.

Populations served: Youth, MSM, Sex Workers, women, immigrants, underserved and uninsured with a focus on the Asian and Pacific Islander communities.

Languages: Cantonese, Mandarin, Cambodian, Thai, Tagalog, Vietnamese, and English.

Experience with Sex Workers: Woman's program has been doing outreach to massage parlors since 1998 doing HIV prevention, safer sex and general women's reproductive health education. They are also developing Sex Worker peer education program.

**©Asian Pacific Islander Wellness Center**

730 Polk Street, Fourth Floor

San Francisco, CA 94109

Phone: (415) 292-3400

Fax: (415) 292-3404

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

Provides free anonymous or confidential HIV testing on Saturdays, from 11:00a.m. to 2:30p.m., by appointment.

**Bay Area Young Positives**

518 Waller Street

San Francisco, CA 94117

Phone: (415) 487-1616

Fax: (415) 487-1617

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

Help people, ages 26 and under, living with HIV/AIDS live longer, happier, healthier, more productive, and quality-filled lives.

**Bayview Hunter's Point Foundation HIV/AIDS & Mental Health Services**

1625 Carroll St

San Francisco, CA 94124

Phone: (415) 822-8200 or 822-7500

Provide general, individual, family and group counseling, psychological assessment and medications for people living with HIV/AIDS.

**Black Coalition on AIDS**

984 Folsom Street, 3<sup>rd</sup> Floor

San Francisco, CA 94107

Phone: (415) 615-9945

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

Client entrance at 489 Clementina Street. HIV prevention workshop, classes and housing facilities with a 4-6 week waiting list.

**The Body.com**

[www.thebody.com/index.shtml](http://www.thebody.com/index.shtml)

Find HIV/AIDS information in more than 550 topic areas.

**Califia Program**

495 Clementina Street

San Francisco, CA 94103

Phone: (415) 615-9945

Groups, empowerment, peer support, and social opportunities for transgenders of all ages.

**♥CAL-PEP**

Office: 1755 Broadway, Suite 501

Oakland, CA 94612

Mailing Address:

PO Box 71629

Oakland, CA 94612

Phone: (510) 874-7850

Fax: (510) 839-6775

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

CALPEP has a wide range of services and interventions that are designed to be culturally appropriate/peer based for the populations that are served. These services include HIV/AIDS/STD education through interactive workshops, street outreach, including mobile HIV Testing and counseling, HIV peer support groups, harm reduction workshops and treatment peer advocacy.

Languages: some Spanish & English.

Experience with Sex Worker's: Extensive experience working with Sex Workers providing harm reduction and HIV/STD education.

**Catholic Charities of San Francisco**

2255 Hayes Street, 4th Floor

Phone (415) 592-9200

Fax: (415) 592-9201

Sixteen years of service to people with HIV. Promotes stability in the lives of persons living with HIV/AIDS by providing rental and housing assistance, and financial assistance for medical expenses and housing needs.

- [Peter Claver Community](#) - A 32-bed residential program for homeless persons with HIV/AIDS providing permanent housing, case management, social and recreational services, attendant care and money management. These on-site services allow residents to live in a supportive environment throughout the varying stages of their illnesses.
- [Derek Silva Community](#) -- 61 residential units and 5 two-bedroom apartments for couples, for a total capacity of 66 residents. This program is designed to provide housing and case management services for persons disabled due to HIV/AIDS. Persons living here require a less intensive level of care and live more independently. Each apartment is equipped with its own kitchen and bathroom.
- [Rita da Cascia](#) -- A comprehensive program for homeless women living with HIV/AIDS and their children. Services include case management, childcare subsidies, housing assistance, a recreation program, and permanency planning for children.
- [Leland House](#) -- A 45-bed licensed residential facility with a 10-bed hospice offering a full continuum of care to persons living with HIV/AIDS.

### **Continuum HIV Day Services**

255 Golden Gate Avenue  
 San Francisco, CA 94102  
 Phone: (415) 437-2900  
 Fax: (415) 437-2550  
[www.continuumhiv.org](http://www.continuumhiv.org)

Depending on need and circumstance, clients can access six comprehensive programs including licensed adult day health, mobile health care services, food and nutrition, home care, case management, and transitional services for people being released from jail or prison.

### **El Ambiente**

22 Guerrero St  
 San Francisco, CA 94103  
 Phone: (415) 558-8403  
 Fax: (415) 558-9709  
[www.sfaguilas.org](http://www.sfaguilas.org)

Offers HIV prevention, relapse prevention and empowerment through peer-based social and support groups for gay and bisexual Latino men.

### **East Bay Community Recovery Project (EBCRP) – Health Division**

~2551 San Pablo Avenue  
 Oakland, CA 94612

~Hayward  
 22971 Sutro Street  
 Hayward, CA 94541  
 (510) 446-7120  
[www.ebcprp.org](http://www.ebcprp.org)

The “Health Division” provides health education, HIV and Hepatitis C testing, substance use and mental health counseling, alternative treatments, and case management to HIV+ individuals and people at high risk for HIV.

**Filipino Task Force on AIDS**

1540 Market St, Suite 325  
San Francisco, CA 94102  
Phone: (415) 703-9880  
Fax: (415) 864-7482

[www.rdmstudios.com/clients/01ftfa/index.htm](http://www.rdmstudios.com/clients/01ftfa/index.htm)

Provide support services to Filipino gay, bi, and transgender communities, their friends and families.

**Forensic AIDS Project**

798 Brannan St, 2<sup>nd</sup> Floor  
San Francisco, CA 94103  
Phone: (415) 863-8237  
Fax: (415) 863-3975

Provide services and prevention programs for people incarcerated and their significant others.

**Glide-Goodlett HIV/AIDS Project**

330 Ellis St, Room 518  
San Francisco, CA 94102  
Phone: (415) 674-6160

[www.glide.org/ourwork/glide-goodlet.asp](http://www.glide.org/ourwork/glide-goodlet.asp)

AIDS education, information and referrals, outreach, one-on-one individual and family counseling, prevention case management, case management, support groups and treatment services. HIV testing and counseling, multiple session groups. Glide offers free and confidential HIV testing several days a week: M, T, Th: 1-5pm & W: 9am-1pm.

**HAPS HIV testing (San Francisco General Hospital)**

1001 Portrero  
Building 100, # 301  
San Francisco, CA 94110  
Phone: (415) 206-8972

**Hermanos de Luna y Sol (MNHC)**

240 Shotwell St  
San Francisco, CA 94110  
Phone: (415) 552-1013 ext 212

[www.caps.ucsf.edu/capsweb/projects/hlsindex.html](http://www.caps.ucsf.edu/capsweb/projects/hlsindex.html)

Prevention, support and discussion group for HIV+ and HIV-, gay and bisexual Latino men and youth focusing on the social and cultural issues affecting this population.

**HIV Consumer Rights Advocacy Project**

1540 Market St, Suite 301  
San Francisco, CA 94102  
Phone: (415) 863-8131  
Fax: (415) 863-0831

The Advocate was developed to assist individuals experiencing difficulties accessing services at CARE funded agencies.

### **HIV/Hepatitis C in Prison (HIP) Committee**

California Prison Focus  
2940 16<sup>th</sup> Street, #307  
San Francisco, CA 94103  
Phone/Fax: (510) 665-1935  
E: [hipcomm@excite.com](mailto:hipcomm@excite.com)  
[www.prisons.org/hivin.htm](http://www.prisons.org/hivin.htm)

### **♥Institute for Community Health Outreach—Nia Project, Early Intervention Project, Action Point II**

1676 Newcomb  
San Francisco, CA 94124  
Phone: (415) 970-9004  
Fax: (415) 970-9144  
Provides case management, health education, prevention outreach, HIV testing and treatment advocacy, and needle exchange (Thursdays from 11:00am to 1:00pm) services for residents of the Bayview-Hunter's Point District.

### **KAIROS Counseling Program of Shanti**

730 Polk St, 3<sup>rd</sup> Floor  
San Francisco, CA 94109  
Phone: (415) 674-4700  
Fax: (415) 674-0371  
<http://depts.washington.edu/pallcare/resources/resources.php?category=14>  
Individual counseling and weekly support groups to caregivers and/or family members of people living with life threatening diseases.

### **Linea Nocturna**

Phone: (415) 989-5212  
Daily 6pm to midnight. Offers Spanish speaking phone counselors for people with HIV & Hep C related concerns.

### **Man 2 Man (Black Coalition on AIDS)**

495 Clementina St  
San Francisco, CA 94103  
Phone: (415) 615-9945  
E-mail: [man2man@bcoa.org](mailto:man2man@bcoa.org)  
Retreats, groups, community events designed to build a better Black gay community.

### **Marin AIDS Project**

1660 2<sup>nd</sup> St  
San Rafael, CA 94901  
Phone: (415) 457-2487/453-7432 (Spanish)  
[www.marinaidspj.org](http://www.marinaidspj.org)  
Provide services for people with AIDS and HIV.

### **Mobilization Against AIDS**

584-B Castro Street  
San Francisco, CA 94114  
Phone: (415) 863-4676  
Fax: (415) 863-4740

Mobilization Against AIDS (MAA) is working to get legislation drafted to correct problems with health insurance reimbursement--either private insurance or Medicaid (Medi-Cal in California). The immediate focus of interest is California. MAA needs the help of anyone who has recently been denied treatment because of insurance-reimbursement problems--or their physicians, or any health-care worker who knows of specific examples.

Any such person should send a brief note to Paul Boneberg, Mobilization Against AIDS, 1450 Market Street, #60, San Francisco, CA 94102, or call 415/863-4676. These notes will be shown to lawmakers to help them in drafting corrective legislation.

### **©Native American AIDS Project**

2017 Mission Street, 2<sup>nd</sup> Floor  
San Francisco, CA 94110  
Phone: (415) 522-2460  
Fax: (415) 552-4273

[www.sfo.com/~denglish/naap](http://www.sfo.com/~denglish/naap)

Provide services and programs for Native Americans and Alaskan natives with HIV.

### **New Village (Black Coalition on AIDS)**

495 Clementina Street  
San Francisco, CA 94103  
Phone: (415) 615-9945  
Phone: (415) 615-9945

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

Risk reduction workshops, support groups and referrals for social services for gay, bisexual, transgender, and lesbians of color.

### **Nightline – HIV Support Counseling**

Phone: (415) 434-AIDS or toll free: (800) 628-9240

Daily 5PM – 5 AM. Free phone counseling and emotional support for people with HIV & Hep C related concerns.

### **Our Love (STOP AIDS Project)**

2128 15<sup>th</sup> St  
San Francisco, CA 94114  
Phone: (415) 575-0150 x273

Provides workshops and ongoing events that address specific topics of interest for gay and bi African American men.

### **Partner Counseling and Referral Services (SFDPH)**

356 7<sup>th</sup> Street  
San Francisco, CA 94103  
Phone: (415) 554-9085

Interviews, follow up and counseling for HIV+ people and their partners.

**PAWS (Pets Are Wonderful Support)**

3248 16<sup>th</sup> St

San Francisco, CA 94103

Phone: (415) 241-1460

Fax: (415) 503-0436

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

Low income San Francisco residents with AIDS and other disabling illnesses and their animal companions may qualify for a broad array of help and services.

**Positive Force (STOP AIDS Project)**

539 Castro St

San Francisco, CA 94114

Phone: (415) 865-0790, x307

<http://stopaids.healthology.com>

Provides support and roles in prevention for HIV+ men.

**Positive Resource Center**

973 Market Street, 6th Floor

San Francisco, CA 94103

Phone: (415) 777-0333

Fax: (415) 777-1770

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

Our mission is to assist people affected by HIV/AIDS through culturally appropriate counseling, education and advocacy in making informed choices that maximize available benefits and employment opportunities.

**©Proyecto Contra Sida Por Vida**

2973 16th Street

San Francisco, CA 94103

Phone: (415) 864-PCPV

Fax: (415) 575-1645

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

A sex positive, neighborhood-based, multi-gender Latina/o bisexual, lesbian, transgender and gay community building organization. Our mission is to provide a safe space, programs and services that invigorate Latina/o bisexual, lesbian, transgender and gay gente in the San Francisco Bay Area.

**San Francisco AIDS Foundation**

995 Market Street, Suite 200

San Francisco, CA 94103

Phone: (415) 487-3000

**©San Francisco AIDS Foundation-HIV Prevention Project—Needle Exchanges**

One Sixth Street (at Market)

San Francisco, CA 94103

Phone: (415) 241-5100

Fax: (415) 241-5109

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

Operates two programs for gay and bisexual men and the nation's largest needle exchange program. See "needle exchange" section for days and times of the exchange.

### **San Francisco Medical Society**

[www.sfms.org/bar\\_a-b.htm](http://www.sfms.org/bar_a-b.htm)

Online collection of Bay Area Resources for AIDS/HIV.

### **©San Francisco Sex Information**

P.O. Box 881254

San Francisco, CA 94188

Phone: (415) 989-7374

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

### **Shanti Project**

730 Polk Street

San Francisco, CA 94109

Phone: (415) 674-4700

Fax: (415) 674-0373

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

Shanti is a multi-service agency serving HIV/AIDS affected populations. Services include peer advising, drop-in lounge, HIV/AIDS care coordination, mental health counseling and transportation. Spanish spoken.

### **South Beach Homeless Resource Center**

320 Harrison Street

San Francisco, CA 94105

Phone: (415) 222-9665

A 24-hr/7 days a week drop-in center for homeless men and women. Services include peer counseling, case management, screening for HIV/AIDS, tuberculosis, STP's, and hepatitis.

Provides free voice mail, showers, restrooms, laundry facilities, lockers for rent, a lounge area and snacks.

### **♥St. James Infirmary**

1372 Mission Street

San Francisco, CA 94103

Phone: (415) 554-8494

Free, Confidential HIV/STI counseling, testing & referrals. See introduction for available services.

### **Stop AIDS Project**

Castro Office (1 of three offices)

539 Castro Street

San Francisco, CA 94114

Main: (415) 865-0790

Fax: (415) 865-0711

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

Established in 1984, the STOP AIDS project works to prevent HIV transmission among all gay and bisexual men in San Francisco through multicultural, community-based organizing.

©**TARC-Tenderloin AIDS Resource Center**

187 Golden Gate Avenue

San Francisco, CA 94102

Phone: (415) 431-7476

Fax: (415) 431-3959

Email for general information [info@tarcsf.org](mailto:info@tarcsf.org)

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

Health promotion, health services and HIV housing for tenderloin residents, breakfast, counseling groups, needle exchange, free and confidential HIV antibody testing and counseling, transgender drop-in groups.

©**Westside Community Mental Health Center HIV/AIDS Services**

973 Market Street, #380

San Francisco, CA 94103

Phone: (415) 495-2551

Fax: (415) 495-7359

<http://westsidementalhealth.citysearch.com>

The main focus is on women of color who inject drugs and/or have unprotected sex with intravenous drug users. It also includes women at risk because their partners use other drugs, including alcohol.

©**WORLD (Women Organized to Respond to Life Threatening Disease)**

414 13<sup>th</sup> St, 2<sup>nd</sup> Floor

Oakland, CA 94612

Phone: (510) 986-0340

Website: [www.womenhiv.org](http://www.womenhiv.org)

Information and support network by, for, and, about women with HIV/AIDS.

## HOUSING ASSISTANCE

### What you should know about these laws...

#### Penal Code 647 (c) Police Code 22-Blocking the sidewalk:

Blocking the sidewalk is not a victimless crime. You have to be blocking somebody who is trying to get by. If you are not blocking somebody, you're not breaking the law.

#### Park Code 3.02-Disobeying a sign:

The police use this law if you are in a park when it is closed. Unless a sign says otherwise, parks are open at night. The police also use this law to enforce any sign-no drinking, stay on the path, etc. The police need to write the sign *they think you are in violation of* on the ticket.

#### Park Code 3.12-Camping in park:

You are not camping if you're just hanging out in the park with your stuff. If you're on the ground with you blankets and sleeping bags, and you have some bags, you are not breaking the law. You cannot have a tent or other structure.

#### Park Code 3.13-Sleeping in the park:

This law says you can't remain in a park between the hours of 10pm-6am for the purposes of sleeping. You are allowed to sleep in the park during the day. The police are not allowed to wake you up and tell you to leave the park if you fell asleep during the day.

#### Penal Code 647 (f)-Drunk in public:

Just because you drank some alcohol, or are a little drunk, doesn't mean that the police can arrest you for 647 (f). According to the law, you are supposed to be drunk enough that you cannot care for the safety of yourself or others or are interfering with the use of sidewalks.

#### Police Code 21-Consuming alcoholic beverages in public:

It is illegal to drink alcohol on a street, sidewalk or alley. It is not illegal to have an unopened bottle of alcohol or even an opened bottle if you are not drinking from it. This law does not apply to parks.

#### Penal Code 647 (j) No lodging on Public or Private Property:

You are not lodging if you are just sleeping or hanging out for awhile. Lodging means that you are establishing "living accommodations" or a "place of temporary residence" by staying in one place for an "extended period of time." The police are supposed to warn you before citing or arresting you for "lodging."

#### Police Code 25-Trespassing:

This law says you cannot "willfully" remain on private property after the owner has told you to leave. There must be a complaint from the owner or a person in charge for you to be trespassing. The owner can ask you to leave or put on of those "No Trespassing" signs in their windows. This law doesn't apply to sidewalks in front of businesses or other public spaces.

#### Police Code 120.1-Aggressive panhandling:

Just spare changing is not illegal. In fact it's protected by the first amendment. What is illegal is when you ask for money and person says no, then you follow them and keep on hassling them.

Police Code 97-Living in Vehicle:

It is illegal to live in your vehicle between 10pm-6am unless you need to alleviate sickness of if you temporarily can't drive due to physical inability.

\*\*\*\*\*If you have been cited for one of the above infractions, or if the police or city workers have take your property contact the Coalition on Homelessness at (415) 346-3740, they may be able to help you.

Identification Checks:

If the police stop you and ask for ID and you're not suspected of doing anything wrong, you have the right to refuse the officer's request and walk away.

Searches:

The police can pat search you if they have a good reason to fear for their own safety. The police can then only go through your pockets if they have a good reason (not just one they made up) to believe you are carrying something illegal.

\*\*\*\*\*NOTE: Neither of these apply if you are on probation or parole.

*(Coalition on Homelessness Civil Rights Project)*

**A Man's Place**

399 Fremont Street  
San Francisco, CA 94105  
Phone: (415) 908-0100  
Fax: (415) 908-0105

Check in by phone or in person in the morning, and then call back at 3pm to see if your number was selected in the lottery for a bed that night.

**Ark of Refuge**

304 Gold Mine Drive  
San Francisco, CA 94131  
Phone: (415) 285-2302  
Fax: (415) 285-2303

A 6-18 month residential treatment for HIV/AIDS-infected substance users.

**A Woman's Place**

1049 Howard Street  
San Francisco, CA 94102  
Phone: (415) 487-2140

A homeless shelter and place for drop-in NA meetings with a computer lab and showers. They require a fingerprint scan for reserving a bed. They serve 3 meals a day and offer support groups, case management, housing assistance and crisis help. No children are allowed. They also do domestic and other violence van outreach and have a free medical clinic Monday at 6pm.

**©Asian Women's Shelter**

3543 18th St. #19  
San Francisco, CA 94110  
Hotline (415) 751-0880

Office Phone: (415) 751-7110

Fax: (415) 751-0806

[www.safenetwork.net/rd/sn000024.htm](http://www.safenetwork.net/rd/sn000024.htm)

Available services: Shelter, peer counseling, case management, advocacy, accompaniment, language support, community education, queer Asian women services, internships (open to all) referrals.

Populations served: Adult women, children; priority for monolingual immigrant women with little or no resources but all backgrounds are welcome

Languages: Thai, Tagalog, Cantonese, Mandarin, Vietnamese, Mien, Lao, Indonesian, Japanese & English.

### **Aurora Dawn Foundation Marty's Place**

PO Box 401076

San Francisco, CA 94140

Phone: (415) 826-5670

Fax: (415) 642-9137

[www.sbfranciscans.org/works/aurora/martys\\_place.htm](http://www.sbfranciscans.org/works/aurora/martys_place.htm)

An 8-bed home for low-income, homeless HIV+ men.

Languages: Spanish & English.

### **Baker Places, Inc.**

310 Townsend, Suite 300

San Francisco, CA 94107

Phone: (415) 546-9946

Fax: (415) 546-9947

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

*see options below:*

## **ACUTE RESIDENTIAL**

**Grove Street House:** An intensive crisis residential treatment program focusing on up to 10 adults who have been “dually diagnosed” with co-occurring mental health and substance use disorders. Grove Street House can offer up to 60 days for stabilization and future treatment planning.

**Westside Lodge:** A large (36-bed) multi-service program including separate intensive residential and day treatment components as well as specialized programming for monolingual Asian clients. This program focuses on individuals with histories of long-term institutionalization and acute crises and provides a stay of between 60 and 180 days in a supportive environment.

**4TH Avenue House:** An innovative model for residential detoxification, in a small (10-bed) social setting, with medical support and intensive stabilization of up to 3 weeks.

**Fremont Place:** A medically managed detoxification residence, treatment and support program for up to 14 men, with a 7- to 21-day length of stay.

**7TH Street Program:** A short term, post-detox, residential treatment program with 17 beds, providing evaluation, assessment, short-term treatment and discharge planning for

multiply diagnosed adults.

## TRANSITIONAL RESIDENTIAL

**Baker Street House:** A 16-bed transitional residential treatment facility, serving individuals with serious and persistent mental health problems.

**Robertson Place:** A 12-bed transitional residential treatment program with a day treatment component focusing on adults who have been “dually diagnosed” with co-occurring mental health and substance use disorders.

**Acceptance Place:** A 12-bed transitional residential treatment program for gay men in the early stages of substance use recovery.

**Ferguson Place:** A 12-bed transitional residential treatment program providing services to adults who have been “triple diagnosed” with mental health, substance use and HIV/AIDS related disorders.

## SUPPORTED COMMUNITY LIVING SERVICES

**Assisted Independent Living Program (AILP):** A full spectrum of clinical care coordination services are provided to adults with serious and persistent mental health problems. Supported, permanent housing in cooperative living settings is included in an array of services to over 120 individuals.

**Baker Supported Living Program (BSLP):** This program serves 92 men and women who are coping with HIV/AIDS-related conditions and substance use problems. Clinical care coordination, evaluation and assessment, as well as rental subsidies and permanent housing are included.

**Integrated Services Network:** In this new consortium Baker Places offers mental health, substance use and HIV/AIDS related counseling and care coordination services in conjunction with the Department of Public Health, Tom Waddell Clinic, Department of Human Services and the Corporation for Supportive Housing. Baker staff work in concert with the housing providers of ten SRO's/Hotels in the Tenderloin, South of Market and Mission districts, serving over 700 individuals.

**Odyssey House:** This is a 10-bed, permanent housing site offering care coordination and group living to men and women, primarily African American, with long standing mental health problems.

**Baker Places' Vocational Rehabilitation:** An array of pre-vocational counseling, skills, training, education, employment, school and job referrals are offered.

**Castro Country Club:** Established in 1983 as a clean and sober gathering space and coffee shop, the Country Club offers a variety of social and vocational opportunities and on-the-job training.

**Bayview-Hunter's Point Multi-service Drop-in Facility**

2111 Jennings Street

San Francisco, CA 94124

Phone: (415) 671-1100

A 24-hour shelter, showers and laundry, case management, and meals at Mother Brown's Dining Room.

**Bridge Project**

995 Market St, 8<sup>th</sup> Floor

San Francisco, CA 94103

Phone: (415) 974-1083

Fax: (415) 974-1173

[www.endhomelessnessnow.org/newsite/shelterlist.htm](http://www.endhomelessnessnow.org/newsite/shelterlist.htm)

Transitional housing services and supportive care to the homeless and people who are HIV+ and/or have substance use, and mental health issues.

**Catholic Charities Family Resource Center**

240 Golden Gate Ave, 3rd Floor

San Francisco, CA 94103

Phone (415) 345-1290

Fax: (415) 345-1280

[www.cdow.org/aidsministry.html](http://www.cdow.org/aidsministry.html)

Provides multi-service center offering social, spiritual, emotional, and financial support and programs for persons and their families living with HIV/AIDS.

**Central City Hospitality House**

290 Turk Street

San Francisco, CA 94102

Phone: (415) 749-2100 or 776-2102

Fax: (415) 749-2136

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

A community-based organization serving homeless and low-income people in the Tenderloin. Offers basic survival assistance, as well as a shelter, case management, and substance use counseling. Has a shelter for adult males. Also provides free art materials, instruction, studio space, and opportunities for exhibition through a Community Arts Program. Operates a drop-in center for adults, the Tenderloin Self-Help Center, open M-F, 7am to 7pm. It also offers job-readiness workshops and job placement assistance for adults.

**Central City SRO Collaborative**

Phone: (415) 775-7110

**Chinatown Community Development Center**

1525 Grant Avenue

San Francisco, CA 94133

Phone: (415) 984-1450

Fax: (415) 362-7992

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

The mission of the Chinatown Community Development Center is to build community and enhance the quality of life for San Francisco residents. Based in the Chinatown neighborhood, Chinatown CDC also serves other San Francisco neighborhoods, including North Beach and the Tenderloin. They are a community development organization with many roles, serving as neighborhood advocates, organizers, planners, as developers and managers of affordable housing.

**City TEAM Work Start Shelter**

164 6<sup>th</sup> Street (at Howard)

San Francisco, CA

Phone: (415) 861-8688

For homeless employed men. Show up T-F, 10am-4pm to fill out an application. Must be clean and sober for interview.

**Coalition for Low Income Housing**

1095 Market Street, Suite 305

San Francisco, CA 94103

Phone: (415) 487-3922

Fax: (415) 487-3916

Visitors can use the bathroom, pick up some Street Sheets, and use the phone.

**©Coalition on Homelessness**

468 Turk Street

San Francisco, CA 94102

Phone: (415) 346-3740

E: [coh@sf-homeless-coalition.org](mailto:coh@sf-homeless-coalition.org)

[www.sf-homeless-coalition.org](http://www.sf-homeless-coalition.org)

The COH works to alleviate poverty by taking a multi faceted strategy, attacking the forces that cause poverty from all sides. The strategy combines making sure homeless and poor people know their rights with involving homeless people in the shaping and formulating of public policy. They accomplish this with the following programs; Civil Rights Legal Division, Family Rights & Dignity Project, Housing without Borders, Shelter Outreach, the Substance Abuse Mental Health Work Group and the Street Sheet.

**Community Housing Partnership**

1010 Market Street

San Francisco, CA 94102

Phone: (415) 241-9015

Fax: (415) 241-0625

**Compass Community Services**

942 Market Street, Sixth Floor

San Francisco, CA 94102

Phone: (415) 399-9406

Fax: (415) 399-9861

[www.compass-sf.org](http://www.compass-sf.org)

Housing assistance for families that are homeless or are in danger of becoming homeless.

Languages: Spanish, Portuguese & English.

### **Connecting Point**

Phone: (415) 217-7330 or 888-811-7233 (M-F 9am-noon & 1-5pm)

Offer shelter placements for 1 or 2 parent families, expectant couples and pregnant women in their 3<sup>rd</sup> trimester (with proof). Same sex couples accepted. Call for an interview. If you get an answering machine leave your name and number. If you don't have a number where you can be reached, keep calling until you get through.

### **Diamond Youth Shelter**

536 Central Avenue

San Francisco, CA 94117

Phone: (415) 567-1020

[www.larkinstreetyouth.org/html/about/programs\\_services/housing\\_services.htm](http://www.larkinstreetyouth.org/html/about/programs_services/housing_services.htm)

A drop-in with a myriad of services and lodging for children ages 12-17; including showers, meals, clothing closet, and a certified teacher on-site. Doors open 8:30am-8pm every day.

### **Dolores Street Community Services**

938 Valencia Street

San Francisco, CA 94110

Phone: (415) 282-3078

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

Provides two adult shelters-one in the Castro, one in the Mission, clean and sober housing, advocacy and support to primarily poor immigrants and people living with AIDS. They also offer an HIV counselor on-site and a medical clinic every Monday 7-9:30pm.

### **Episcopal Community Services**

201 8th Street

San Francisco, CA 94103

Phone: (415) 863-3893 (24 hours)

Fax: (415) 487-3729

[www.ecs-sf.org](http://www.ecs-sf.org)

Available Services: Housing/community services, NA/AA meetings, money management, Bible study group, referrals to outside agencies, medical clinic, housing referrals, TB testing, mental health outreach, job training, computer workshops, volunteer program. The shelter is open from 4pm-8am. Men sign up 4-9am for lottery to win one night on a cot or up to 30 days on a bed. Results posted at noon. Women sign up at 5:45 to win 1-30 day stay.

Populations Served: Men, women and transgender persons, including veterans and seniors. Current population is primarily white and African-American, with small Latino population; many face issues surrounding HIV/AIDS, mental illness, substance use and disability.

Languages: Spanish, Portuguese, American Sign Language (ASL) & English.

Internships: Vocational training, educational classes and computer workshops available at the Skills Center.

### **Episcopal Community Services, Multi-Service Center North**

1001 Polk Street

San Francisco, CA 94109

Phone: (415) 292-2180

Fax: (415) 292-2182

A money-saving program, talk to director at (415) 292-2216. The candidate must have an income and be ready to save.

**Eviction Defense Collaborative**

433 South Van Ness Avenue  
San Francisco, CA 94103

No Phone Calls-Drop in Clinic

[www.hrcsf.org/links/links5.html](http://www.hrcsf.org/links/links5.html)

Some rental assistance loans and grants available for qualified applicants. They do not accept phone calls, so please bring all related documentation to the office in person. Office Hours: 10am-Noon, and 1-3:00 pm, Monday–Friday.

**Family Link**

317 Castro St

San Francisco, CA 94114

Phone: (415) 703-9050

Fax: (415) 703-9057

Provides guest accommodations for family and friends of people with AIDS or other critical illness or trauma. Rooms have two beds, and food is included with the room. Guests must be from outside of the Bay Area and are asked to donate \$30.00 a room a night, if possible. A social worker or case manager must make the room reservation.

**Family Service Agency of San Francisco**

1010 Gough Street

San Francisco, CA 94109

Phone: (415) 474-7310 x318

Fax: (415) 931-3773

Early housing crisis intervention and homelessness prevention. Assists families facing eviction and other short-term housing crises to prevent eviction, and when necessary, locate resources to secure replacement to housing. No fees to families.

**Freedom from Alcohol and Drugs Program**

1353 48<sup>th</sup> Ave (between Judah and Irving)

Phone: (415) 665-8077

They require candidates to have at least 72 hours substance free.

**Friendship House Association of American Indians**

80 Julian Ave

San Francisco, CA 94103

Phone: (415) 431-6323

Residential, vocational, alcohol and drug rehabilitation for up to 90 days for Native Americans with substance use issues.

**Hamilton Family Center**

1525 Waller Street

San Francisco, CA 94117

Phone: (415) 665-2100

Hamilton Family Center is a client-centered, San Francisco based, grass-roots organization focused on returning families to independent living. They provide families with support services: A 24-hour emergency center for families in the Haight-Ashbury, a Transitional Housing Facility located near Golden Gate Park, and a family shelter in the Tenderloin.

### **Helplink**

221 Main Street  
San Francisco, CA 94105  
Phone: (415) 543-6767

[www.helplink-sf.org](http://www.helplink-sf.org)

Languages: Spanish & English

At Helplink, a trained Information and Referral specialist will help you find information on community resources, employment, housing, substance abuse treatment, and more.

### **Homeless Advocacy Project, Bar Association of San Francisco**

995 Market Street, Suite 915  
San Francisco, CA 94103  
Phone: (415) 974-6541  
Fax: (415) 512-7334

[www.sfbar.org/vlsp/homeless.html](http://www.sfbar.org/vlsp/homeless.html)

The Homeless Advocacy Project (HAP) provides free legal services, and supporting social services, to individuals and families who are homeless or at serious risk of homelessness in San Francisco.

### **Homeless Children's Network**

2940 16th Street, Suite 301  
San Francisco, CA 94103  
Phone: (415) 437-3990  
Fax: (415) 437-3994

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

The Homeless Children's Network (HCN) provides comprehensive mental health services, case management, and family support services for homeless children, youth, and their families throughout San Francisco.

### **Homeless Prenatal Program**

995 Market Street, 10th Floor  
San Francisco, CA 94103  
Phone: (415) 546-6756

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

The Perinatal Services Project (PSP) provides prenatal and parenting education, case management, and home visits, to ensure the healthy birth outcome and healthy development of the child, ages 0-5.

Languages: Spanish & English

### **Hospice by the Bay**

1540 Market Street, Suite 350  
San Francisco, CA 94102  
Phone: (415) 626-5900  
Fax: (415) 626-7800

[www.hospicebythebay.citysearch.com](http://www.hospicebythebay.citysearch.com)

A non-profit, free-standing agency that provides hospice care in San Francisco and San Mateo counties.

**Housing Rights Committee of San Francisco**

942 Market Street, Suite 203

San Francisco, CA 94102

Phone: (415) 398-6200

Fax: (415) 398-0529

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

HRCSF offers free tenants' rights counseling M-Th, 1-5p.m. at three remote sites around the city. They also offer workshops.

**Interfaith Winter Shelter**

Phone: (415) 252-3136 for a list of current shelters

[www.sfinterfaith.org](http://www.sfinterfaith.org), click on "Homeless Shelter"

Provides shelter for 60-100 men during winter and serves meals.

**Lutheran Social Services**

995 Market Street, Suite 201

San Francisco, CA 94103

Phone: (415) 974-1083

Services for very low-income, homeless or formerly homeless people living with HIV/AIDS who are multiply diagnosed with mental illness and/or substance addiction,

**Maitri**

401 Duboce Ave

San Francisco, CA 94117

Phone: (415) 558-3000/558-3007 (intake)

Fax: (415) 558-3010

[www.mccsf.org/programs/maitri](http://www.mccsf.org/programs/maitri)

A 15-bed residential facility for people with AIDS.

**Marian Residence for Women, Saint Anthony Foundation**

1171 Mission Street

San Francisco, CA 94103

Phone: (415) 241-2688

Fax: (415) 252-7764

[www.stanthonyssf.org/services/services-marian.html](http://www.stanthonyssf.org/services/services-marian.html)

Marian Residence for Women (MRW) provides comprehensive shelter and long term transitional residential services that stabilize and empower homeless and/or women with mental illnesses.

**Mia House**

300 Holyoke St

San Francisco, CA 94134

Phone: (415) 467-5301

A 12-14 month, post-partum, residential treatment program for African-American females, w/infants or toddlers who are substance users. The candidate must be clean and sober for 24 hrs before intake. They also offer parenting classes.

**Mission Agenda**

~2940 16<sup>th</sup> Street, #204  
San Francisco, CA 94103  
Phone: (415) 436-9707

~243 6<sup>th</sup> Street-Sixth Street Agenda  
San Francisco, CA 94103  
Phone: (415) 348-1409

**Mission Housing Development Corporation**

474 Valencia Street, Suite 280  
San Francisco, CA 94103  
Phone: (415) 864-6432  
Fax: (415) 864-0378

[www.enterprisefoundation.org/model%20documents/e386.htm](http://www.enterprisefoundation.org/model%20documents/e386.htm)

MHDC is a non-profit community development corporation located in the Mission District of San Francisco. They manage a total of 44 buildings in San Francisco, including the Mission District. Building types include single-room-occupancy (SRO), garden, mid-rise and high-rise apartments, town-homes and duplexes. Most of the properties are permanent housing; some are for special populations. Call to request information on application procedures.

**©MNRC-Mission Neighborhood Resource Center**

165 Capp Street  
San Francisco, CA 94110  
Phone: (415) 869-7977

Drop-in respite from the streets to homeless individuals, offering snacks, showers and lockers. Offers referrals to case management, medical and dental care, mental health services and substance use counseling.

**Pomeroy House-Women's Alcoholism Center**

2261 Bryant Street  
San Francisco, CA 94110  
Phone: (415) 282-8900

A residential treatment program for pregnant or post-partum women with substance use issues.

**Rafiki Housing Program**

984 Folsom Street, 3rd Floor  
San Francisco, CA 94107  
Phone: (415) 615-9945 (administrative offices)  
Fax: (415) 615-9943

[www.bcoa.org/rafiki](http://www.bcoa.org/rafiki)

A multi-service housing programs who serves mostly formerly homeless individuals that are dual and triple diagnosed individuals.

**Raphael House**

1065 Sutter Street  
San Francisco, CA 94102  
Phone: (415) 474-4621  
Fax: (415) 474-7020

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

A residential program that offers shelter and case management to help families at-risk achieve stable housing and financial independence, while strengthening family bonds.

**Rent Stabilization and Arbitration Board**

25 Van Ness Avenue, Suite 320  
San Francisco, CA 94102  
Phone: (415) 252-4602  
Fax: (415) 252-4699

[www.ci.sf.ca.us/site/rentboard\\_index.asp](http://www.ci.sf.ca.us/site/rentboard_index.asp)

A place to go with landlord/tenant disputes

**Restoration House**

304 Gold Mine Drive  
San Francisco, CA 94131  
Phone: (415) 285-2302  
Fax: (415) 285-2303

[www.arkofrefuge.org/restorhouse.html](http://www.arkofrefuge.org/restorhouse.html)

The first of its kind, a 24-hour dual-diagnosis, housing and substance use treatment program for HIV+ African-American women in San Francisco.

**©Riley Center**

3843 18th Street, #4  
San Francisco, CA 94110  
Phone: (415) 552-2943  
Fax: (415) 552-0337

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

The Riley Center offers safe and confidential services, including housing, for any woman in an abusive relationship and her children through the Rosalie House, Brennan House and the Community Office.

**©Safe House**

559 Ellis Street  
San Francisco, CA 94109  
Phone: (415) 643-7861

**Saint Anthony Foundation**

1171 Mission St.  
San Francisco, CA 94103  
Phone: (415) 241-2600/Admin: 252-1635  
Fax: (415) 241-2690  
E-mail: [ssgsaf@aol.com](mailto:ssgsaf@aol.com)

[www.sahc.org/foundation](http://www.sahc.org/foundation)

St. Anthony's provides a multitude of different services including: dining room with free meals, free medical clinic, clothing and furniture distribution, a woman's shelter, a learning center, and drug and alcohol rehabilitation.

Populations Served: The poor and homeless of the Tenderloin and South of Market neighborhoods.

Languages: Spanish, Lao, Vietnamese, Cantonese, Mandarin, Russian, Tagalog & English.

Experience with Sex Workers: All services are utilized by and available to Sex Workers who need assistance. Workers who choose to disclose their occupation can expect confidentiality.

### **Saint Vincent de Paul Society, Multi-Service Center-South**

525 5<sup>th</sup> St (at Bryant)

San Francisco, CA

Phone: (415) 597-7960 (24 hours)

MSC-SOMA has a lottery to win 7 nights of shelter, sign up in person or call (800) 456-1101, between 5am-noon. There are 0-30 spaces available, the lottery winners are posted at 12:30pm. They also have one-night shelters, show up by 7pm, there are 30-80 spaces available.

### **San Francisco Department of Building Inspection**

1660 Mission Street

San Francisco, CA 94103

Phone: (415) 558-6220

[www.ci.sf.ca.us/site/dbi\\_index.asp](http://www.ci.sf.ca.us/site/dbi_index.asp)

Oversees the effective, efficient, fair and safe enforcement of the City and County of San Francisco's Building, Housing, Plumbing, Electrical, and Mechanical Codes, along with the Disability Access Regulations.

### **San Francisco Housing Authority**

440 Turk Street

San Francisco, CA 94102

Eligibility: (415) 554-1200

Registration: (415) 554-1386

Fax: (415) 241-1029

[www.ci.sf.ca.us/sfha](http://www.ci.sf.ca.us/sfha)

Maintains low-cost permanent housing units in San Francisco. Many programs available, including Section 8 and Aftercare.

Languages: Cantonese, Korean, Mandarin, Russian, Spanish, Tagalog, Vietnamese & English.

### **San Francisco Housing Development Corporation (SFHDC)**

5266 3rd Street

San Francisco, CA 94124

Phone (415) 822-1022

Fax: (415) 822-1077

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

The SFHD is a private, non-profit organization, which helps low to moderate income families find affordable rentals and buy homes.

**San Francisco Tenant's Union**

558 Capp Street  
San Francisco, CA 94110  
Phone: (415) 282-6622

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

The place to go with your tenant/landlord disputes.

**Self-Help for the Elderly**

407 Sansome St., Suite 300  
San Francisco, CA 94111  
Phone: (415) 982-9171  
Fax: (415) 296-0313

A multi-service agency that provides a broad range of bilingual/bicultural social, recreational and educational services, including four residential facilities, to seniors and individuals with disabilities.

**Shelter Locator**

[www.lifecall.org/shelterlocations/CA.html](http://www.lifecall.org/shelterlocations/CA.html)

**Shelter Plus Care**

P.O. Box 7988  
San Francisco, CA 94120  
Phone: (415) 558-1980  
Fax: (415) 558-2834

[www.hud.gov/offices/cpd/homeless/programs/splusc/index.cfm](http://www.hud.gov/offices/cpd/homeless/programs/splusc/index.cfm)

Provides rental assistance for hard-to-serve homeless persons with disabilities in connection with supportive services.

**South Beach Homeless Resource Center**

320 Harrison Street  
San Francisco, CA 94105  
Phone: (415) 222-9665

A 24-hr/7 days a week drop-in center for homeless men and women. Services include peer counseling, case management, screening for HIV/AIDS, tuberculosis, STP's, and hepatitis. Provides free voice mail, showers, restrooms, laundry facilities, lockers for rent, a lounge area and snacks.

**St. Vincent de Paul Society**

Administrative Offices  
425 Fourth Street  
San Francisco, CA 94107  
Phone: (415) 977-1270  
Fax: (415) 977-1271

<http://svdp-sf.org>

The Society helps over 1,000 people in San Francisco every day, which are suffering from poverty, homelessness, substance use, and domestic violence.

**Arlington Hotel**

A low-income hotel for 172 residents who have been "clean and sober" for a minimum of six months.

**Multi-Service Center**

A men's homeless shelter providing meals and a safe place to over 500 homeless men every day with beds for 300 each night.

**Riley Center**-as shown above.

**Vincentian Villa**

A senior residential community for low-income seniors and disabled persons.

**Swords to Plowshares**

1063 Market Street

San Francisco, CA 94103

Phone: (415) 252-4788

Fax: (415) 252-4790

[www.swords-to-plowshares.org](http://www.swords-to-plowshares.org)

Established in 1974, Swords to Plowshares provides direct services to help homeless and low-income veterans gain re-entry to society and educates the public about national and local policies that impact veterans. They provide employment training, legal services, residential programs and other supportive services.

**Tenderloin Housing Clinic**

126 Hyde Street

San Francisco, CA 94102

Phone: (415) 771-2427

[www.dph.sf.ca.us/traffic\\_safety/tenderloin\\_housing\\_clinic.htm](http://www.dph.sf.ca.us/traffic_safety/tenderloin_housing_clinic.htm)

The Tenderloin Housing Clinic (THC) provides a law office providing free assistance to tenants and provides information about housing rights, and ways to go about resolving housing issues.

It also operates permanent housing programs primarily for homeless single adults, and leases 6 single-room-occupancy (SRO) hotels.

**Tenderloin Neighborhood Development Corporation**

201 Eddy Street

San Francisco, CA 94102

Phone: (415) 776-2151

Fax: (415) 776-3952

TNDC's Neighborhood Employment and Training Program assists tenants in finding jobs and good training programs, whether they are experienced workers or persons re-entering the workforce after an absence. TNDC acquires, preserves, and renovates low-cost rental housing in the Tenderloin and adjacent neighborhoods.



## LEGAL ASSISTANCE

The sex industry, in varying forms and degrees, has been in existence throughout the centuries. Prostitution, in particular, has often been referred to as ‘the world’s oldest profession.’ Attitudes about Sex Work may vary depending upon the political and economic climate, predominant religious beliefs, and law enforcement efforts.

### History of Sex Work in the United States and San Francisco—1900’s to Present

- 1910 The United States passed the Mann Act of 1910; also known as the White Slave Traffic Act, it prohibited interstate transportation of women for immoral purposes.
- 1913 Section 647 was added to the State of California Penal Code: Every person who solicits or who agrees to engage in or who engages in any act of prostitution is guilty of a misdemeanor.
- Some 30 states had restrictive legislation and over 650 American communities eliminated their red light districts and other prostitution activities.
- 1941 The federal government developed and implemented the May Act, which provided the government with complete authority over police responsibilities in communities that were unsuccessful in resolving prostitution problems.
- 1965 United States Supreme Court ruled that married couples have the right to buy condoms.
- 1972 United States Supreme Court extended the right to buy condoms to single adults.
- 1973 United States Supreme Court made a landmark decision in *Roe v. Wade*, establishing the right of a woman to have an abortion.
- 1973 California State Legislature decriminalizes homosexuality.
- 1974 City and County of San Francisco discontinued mandatory penicillin injections and quarantining of prostitutes in county jail.
- 1981 California State Legislature added a clause to the State Penal Code prohibiting gays from soliciting a lewd act in a public place.
- 1984 California State Legislature amended prostitution law, making it illegal to agree to the money, and requiring the prostitute to do something to further the deal; Police began using condoms as evidence of furtherance in order to convict.
- 1989 California State Legislature adopted mandatory HIV testing regulations within solicitation crime convictions wherein any person who is convicted for prostitution upon a second charge, must test for HIV, and if positive, is charged with a felony.
- 1992 City and County of San Francisco declared a state of emergency in response to AIDS, and approved needle exchange sites.
- 1994 San Francisco District Attorney’s Office discontinued the use of condoms as evidence in solicitation cases.
- 1994 State of California Labor Commission ruled that exotic dancers are employees, not independent contractors, and are entitled to wages and benefits, and also that stage fees are illegal.
- 1995 California State Legislature expanded the definition of ‘intent to commit prostitution’ by including those in public who talk to strangers, making hand or body gestures, or anyone in public at any time who has prior prostitution convictions.

- 1996 San Francisco Task Force on Prostitution is convened, and the report is released to the public and government agencies recommending the decriminalization of prostitution in San Francisco.
- 1998 San Francisco Commission on the Status of Women adopted to officially support the decriminalization of prostitution.
- 2000 Governor Davis signed AB2509, amending State Labor Code sections including a provision prohibiting employers from taking any portion of cash tips from dancers that were given directly to them by customers.
- 2003 San Francisco Board of Supervisors approves legislation transferring massage establishment licensing from SF Police Department to the SF Department of Public Health.

## Explanation of Laws relating to Sex Work

The following information is to help you understand some of the California laws about sex. This material is not intended to help you violate or circumvent the law, but rather to guide you in determining the limits of legal behavior.

### Useful Vocabulary

**Felonies** are crimes for which you can be sent to prison, among other penalties.

**Misdemeanors** are crimes for which you can be sent to jail, among other penalties.

**Prisons** are for incarcerating people who are sentenced to more than a year.

**Jails** are for incarcerating people who are awaiting trial, or who are sentenced to less than a year.

**Probation** is a punishment instead of, or in addition to, incarceration. "Informal probation" (also known as "court probation") doesn't involve any supervision – you just have to stay out of trouble. "Formal probation" requires that you report to a probation officer, who supervises whom you can see, where you can go, how often you get drug-tested, etc. If you violate the terms of your probation, you can be put in jail.

**Diversions** is a program in which you typically do community service, pay a fee, and sometimes get counseling. Once you've completed your requirements, the charges against you are dismissed – so there's no conviction on your record. Usually, you can only get diversion once, for the first offense.

### California Penal Code section 647(b): Prostitution

Prostitution is defined as exchanging “a lewd act” for money or something else of value. The lewd act doesn't have to be sexual intercourse. It can merely be physical contact between two people, in which one person touches the genitals, buttocks or (female) breasts of the other person, for the purpose of sexual gratification. It doesn't matter which of the two people is to be turned on – it can be the person touching or the person being touched. And it doesn't matter which part of the body does the touching (finger, elbow, etc.) as long as its target is one of the sexual areas listed above.

If you were charged with prostitution, the prosecutor would have to prove you were guilty in one of these three ways:

- (1) You actually engaged in an act of prostitution; or
- (2) You decided to engage in prostitution, solicited (invited) someone to do it with you, and engaged in an act in furtherance; or
- (3) Someone asked you to engage in prostitution, you agreed to do it with that person, and you engaged in an act in furtherance.

An act in furtherance is any action that furthers the process of engaging in prostitution. Examples of acts in furtherance are: taking off clothes, getting out a condom, exchanging money, or leading the other person to a place to have sex. Just talking is not an act in furtherance.

Most prosecutions for section 647(b) are based on the third scenario described above, with a male undercover officer posing as a john. The following is a streamlined example:

Undercover officer drives along the street to where defendant is standing. He unrolls his car window and speaks to defendant.

Undercover officer: "Hey, honey, can I get a blowjob for \$50?"

Defendant: "Sure." } *agreement to engage in prostitution*

Undercover officer: "Hop in."

Defendant gets in car. } *act in furtherance*

One of the "elements" which the prosecutor must prove is the defendant's state of mind. The prosecutor has to show that the defendant had the "specific intent" to engage in prostitution. Usually this is proved by something the defendant said. But one judge pointed out that there wouldn't be the right specific intent if the defendant only solicited someone as a joke, without actually intending to go through with it. *People v. Love* (1980) 111 Cal.App.3d Supp. 1. That is, the words have to match what's really in the defendant's mind.

#### **Penal Code section 647f: Prostitution While HIV+**

Under Penal Code section 647f, it's a felony to engage in prostitution if you know you're HIV+. To prove it, the prosecutor has to show that you:

- (1) have a prior conviction for a sex crime (anything from prostitution to rape);
- (2) and following that conviction, you were tested and told that you are HIV+;
- (3) and then you committed prostitution again.

The maximum penalty for section 647f is three years in prison.

#### **Penal Code section 266h: Pimping**

Pimping is a felony, punishable by three, four or six years in prison. The prosecution has to prove that the defendant was either:

- (1) Deriving support from a person the defendant knew to be a prostitute (and the support came from the proceeds of prostitution);
- (2) Soliciting customers, or being paid to solicit customers, for a person the defendant knows to be a prostitute.

#### **Penal Code section 266i: Pandering**

Pandering is a felony, punishable by three, four or six years in prison. The prosecution has to prove that the defendant procured or persuaded (through promises, threats or fraud) another person to become or stay a prostitute. Section 266i lists quite a few variations of how this might occur. An important point, however, is that like prostitution, pandering can be prosecuted principally on the basis of a verbal agreement. For example, if the defendant meets with a person who says s/he's a prostitute, and they make an agreement about when the prostitute will start work and for what rate –the crime of pandering is accomplished, without any money changing hands yet and without the prostitute actually engaging in any acts of prostitution.

## **Notes on Pimping and Pandering**

Pimping is a general intent crime, but pandering is a specific intent crime. That is, pimping requires only that you do certain acts; while pandering requires that you do certain acts with a particular intention.

Both pimping and pandering have minimum mandatory sentences. That is, the judge does not have the option of giving a sentence less than three years in prison. The sentences are increased if the prostitutes were under 18.

Pimping or pandering on multiple occasions cannot be charged as separate counts – the pimping or pandering is seen as one continuous course of conduct, even if it is spread over years.

## **Penal Code section 182(a)(1) - 647(b): Conspiracy to Commit Prostitution**

Conspiracy to commit prostitution is also a felony. There is no mandatory minimum sentence for this offense. The maximum sentence is one year in jail or prison and/or up to a \$10,000 fine. The elements of the offense are:

- (1) The defendant agreed to work with or assist another person in committing prostitution; and
- (2) Engaged in an act in furtherance of the prostitution.

If the situation involves only a prostitute and client, that is simply prostitution, not conspiracy to commit prostitution. For there to be a conspiracy, the relationship would have to be that of prostitute and colleague, or prostitute and receptionist, or prostitute and pimp, etc. Naturally, there is a certain amount of overlap between conspiracy to commit prostitution and pimping and/or pandering.

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## **CALIFORNIA PENAL CODE SECTION 315: KEEPING A HOUSE OF PROSTITUTION**

Every person who keeps a house of ill-fame in this state, resorted to for the purposes of prostitution or lewdness, or who willfully resides in such house, is guilty of a misdemeanor; and in all prosecutions for keeping or resorting to such a house common repute may be received as competent evidence of the character of the house, the purpose for which it is kept or used, and the character of the women inhabiting or resorting to it.

## **CALIFORNIA PENAL CODE SECTION 318: PREVAILING UPON PERSON TO VISIT PLACE FOR GAMBLING OR PROSTITUTION**

Whoever, through invitation or device, prevails upon any person to visit any room, building, or other places kept for the purpose of illegal gambling or prostitution, is guilty of a misdemeanor, and, upon conviction thereof, shall be confined in the county jail not exceeding six months, or fined not exceeding five hundred dollars (\$500) or be punished by both that fine and imprisonment.

## **CALIFORNIA PENAL CODE SECTION 370: PUBLIC NUISANCES**

Anything which is injurious to health, or is indecent, or offensive to the senses, or an obstruction to the free use of property, so as to interfere with the comfortable enjoyment of life or property by an entire community or neighborhood, or by any considerable number of persons, or unlawfully obstructs the free passage or use, in the customary manner, of any navigable lake, or river, bay, stream, canal, or basin, or any public park, square, street, or highway, is a public nuisance.

## **CALIFORNIA PENAL CODE SECTION 372: MAINTAINING A NUISANCE**

Every person who maintains or commits any public nuisance, the punishment for which is not otherwise prescribed, or who willfully omits to perform any legal duty relating to the removal of a public nuisance, is guilty of a misdemeanor.

## **SAN FRANCISCO MUNICIPAL CODE 215. LEWD AND INDECENT ACTS**

**PROHIBITED.** It shall be unlawful for any person to engage in or be a party to or to solicit or invite any other person to engage in or be a party to any lewd, indecent or obscene act or conduct. (Ord. 1.075, Oct. 11, 1938)

## **SAN FRANCISCO MUNICIPAL CODE 225. SOLICITING PROSTITUTION**

**PROHIBITED.** It shall be unlawful for any person on any public street or highway or elsewhere, to solicit, by word, act, gesture, knock, sign or otherwise, any person for the purpose of prostitution. (Ord. 1.075, Oct. 11, 1938)

*(San Francisco Prostitution Task Force, Final Report, Appendix B)*

**Q. IF I AM ARRESTED FOR A SEX WORK-RELATED CRIME IN SAN FRANCISCO, WHAT ARE MY OPTIONS?**

A. If you are arrested for a sex work-related crime you can fight the charges by contacting a defense attorney or the San Francisco Public Defender's Office at (415) 553-1671. You can also contact Lisa Ortiz of the San Francisco District Attorney's Office at (415) 553-1749 because you may be eligible for a variety of diversion programs which can both provide services for you and which may help clear your record. The St. James Infirmary accepts referrals from Pre-Trial Diversion; Sex Workers may complete their required hours by receiving services and/or volunteering at St. James.

**Q. IF I FEEL THAT A POLICE OFFICER HAS INACCURATELY REPORTED MY CASE, WHAT CAN I DO?**

A. You have a right to follow up at the inspector's bureau and provide detailed additional information or correct the original information which was inaccurately documented by the reporting officer.

**Q. WHEN WILL I BE NOTIFIED ABOUT MY CASE, AND CAN I GET EMERGENCY ASSISTANCE?**

A. The notification process varies to a great degree, and may depend on both the length of the investigation as well as the arrest status of the suspect. You have the right to telephone a police inspector or an assistant district attorney to find out the status of your case.

**Q. IF I WISH TO MAKE A POLICE REPORT OF A CRIME, CAN A POLICE OFFICER REFUSE TO TAKE MY REPORT?**

A. No. It is a violation of the law for any peace officer to refuse to take a report of any unlawful activity. Peace Officers who have the authority to receive or arrest another person charged with a criminal offense and who willfully refuse to receive or arrest such person can themselves be charged with a crime.

**Q. IF I AM A WITNESS TO A CRIME AND I WISH TO REPORT THIS, CAN MY MANAGER PREVENT ME FROM TELLING WHAT I SAW?**

A. No. It is a violation of the law to intimidate the witness of a crime.

Q. SHOULD I ALLOW A CLIENT TO ENGAGE IN UNWANTED SEXUAL ACTIVITY WITH ME WHEN I AM WORKING?

A. No. Any person who touches an intimate part of the body against his or her will for the purpose of sexual arousal, sexual gratification or sexual abuse is guilty of sexual battery. If this unlawful touching is happening to you, then you are the victim of the crime of sexual battery.

Q. CAN MY MANAGER ENCOURAGE ME, FORCE ME, REQUIRE ME, OR INSIST THAT I ENGAGE IN SEXUAL ACTIVITY AS PART OF MY WORK?

A. If your manager tries to persuade or to encourage, or to insist that you engage in sexual activity with a patron for money paid either to you directly or to the establishment, your manager may be guilty of the crime known as either pimping or pandering. These crimes are felonies under California law.

Q. CAN A MANAGER AND/OR STAFF FALSELY IMPRISON ME AND PREVENT ME FROM LEAVING A CLUB?

A. No. False imprisonment is the unlawful violation of the personal liberty of another and can constitute a felony or a misdemeanor depending on the way the false imprisonment occurs. False imprisonment is a violation of Penal Code section 236.

*(Correspondence with the San Francisco District Attorney's Office, 1997-2001)*

**African Resource Center**

942 Market Street  
San Francisco, CA 94102  
Phone: (415) 433-7300

**Alameda County Bar Association**

610 16<sup>th</sup> Street  
Oakland, CA 94612  
Phone: (510) 893-7160

**©American Civil Liberties Union (ACLU)**

1663 Mission Street, #460  
San Francisco, CA 94103  
Phone: (415) 621-2488  
Fax: (415) 255-1478

**API Legal Outreach**

~1188 Franklin Street, Suite 202  
San Francisco, CA 94109  
Phone: (415) 567-6255 x30, Mie Lewis

~1212 Broadway Street, Suite 400  
Oakland, CA 94612  
Phone: (510) 251-2846

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

**Asian Law Caucus**

939 Market Street  
San Francisco, CA 94102  
Phone: (415) 896-1701

**Assembly Member Mark Leno**

San Francisco State Building  
Civic Center Complex  
455 Golden Gate Avenue, Suite 14300  
San Francisco, CA 94102  
(415) 557-3013

**Assembly Member Leland Yee**

San Francisco State Building  
Civic Center Complex  
455 Golden Gate Avenue, Suite 14600  
San Francisco, CA 94102  
Phone: (415) 557-2312

**♥Bar Association of San Francisco/Volunteer Legal Services Program**

465 California Street, 7th floor  
San Francisco, CA 94104  
Phone: (415) 982-1600 or 782-8915  
Intake: (415) 989-1616  
Fax: (415) 477-2390

[www.sfbar.org/vlsp](http://www.sfbar.org/vlsp)

Available services: They offer placement of low-income clients with pro-bono attorneys, run workshops for proper litigants in family law, assist with government benefits and personal injury. Populations served: Low income, elderly, or immigrants of diverse cultural backgrounds, survivors of domestic violence, homeless or at risk for homelessness, and non-English speakers. Languages: Spanish, Cantonese, Mandarin, Russian, English, Bengali, and French. Experience with Sex Workers: Sex Workers have occasionally called for assistance.

**Bay Area Legal Aid**

50 Fell Street, 1st Floor  
San Francisco, CA 94102  
Phone: (415) 982-1300  
Fax: (415) 982-4243  
[www.baylegal.org](http://www.baylegal.org)

**Bay Area Lawyers for Individual Freedom**

P.O. Box 421983  
San Francisco, CA 94142  
Phone: (415) 865-5620

**California Indian Legal Services**

510 16th Street, Suite 301

Oakland, CA 94612  
Phone: (510) 835-0284  
Fax: (510) 835-8045

**California Lawyers for the Arts**

Fort Mason Bldg. C, Room 255  
San Francisco, CA 94123  
Phone: (415) 775-7200  
Fax: (415) 775-1143

**Helplink-Immigrant Assistance Line**

221 Main Street  
San Francisco, CA 94105  
Phone: (415) 543-6767  
[www.helplink-sf.org](http://www.helplink-sf.org)  
Languages: Spanish & English

**Commission on the Status of Women**

25 Van Ness Avenue, Room 130  
San Francisco, CA 94102  
Phone: (415) 252-2570

The Commission on the Status of Women (CSW) was established as a functional commission of the Economic and Social Council in June 1946 to prepare recommendations and reports to the Council on promoting women's rights in political, economic, civil, social and educational fields. The Commission also makes recommendations to the Council on urgent problems requiring immediate attention in the field of women's rights. The object of the Commission is to promote implementation of the principle that men and women shall have equal rights.

**Commission on the Aging**

25 Van Ness Avenue, Suite 650  
San Francisco, CA 94102  
Phone: (415) 355-3555

**Congresswoman Nancy Pelosi**

450 Golden Gate Avenue, 14th Floor  
San Francisco, CA 94102  
Phone: (415) 556-4862  
Fax: (415) 861-1670

**Department of Fair Employment & Housing**

121 Spear, Suite 430  
San Francisco, CA 94102  
Phone: (800) 884-1684  
[www.dfeh.ca.gov](http://www.dfeh.ca.gov)

**©Employment Law Center-Legal Aid Society**

1663 Mission Street, Suite 400  
San Francisco, CA 94103

Phone: (415) 864-8848  
Fax: (415) 864-8199

**Equal Employment Opportunity Commission**

901 Market Street, Suite 500  
San Francisco, CA 94103  
Phone: (415) 356-5100

**©Equal Rights Advocates, Inc.**

1663 Mission Street  
San Francisco, CA 94103  
Phone: (415) 621-0672  
Fax: (415) 621-6744  
Languages: Spanish & English

**Immigrant Legal Resource Center**

1663 Mission Street, Suite 602  
San Francisco, CA 94103  
Phone: (415) 255-9499  
Fax: (415) 255-9792  
Languages: Spanish & English

**©Instituto Familiar de la Raza**

2837 Mission Street  
San Francisco, CA 94110  
Phone: (415) 229-0500  
Languages: Spanish & English

**♥International Diplomacy Council**

312 Sutter Street  
San Francisco, CA 94108  
Phone: (415) 986-1388

**©Justice Now (Network on Women)**

1322 Webster St. #210  
Oakland, CA 94612  
Phone: (510) 839-7654  
Fax: (510) 839-7615  
E-mail: [cshay@earthlink.net](mailto:cshay@earthlink.net)

Available Services: Provide direct legal assistance for women prisoners supporting organizing efforts that promote health, wellness, and justice, Work with family and community members on political education and mobilization. Training activist lawyers and community organizers committed to working for justice for women. Work for compassionate release, access to medical treatment, and defense of parental rights, clemency petitions, sentencing mitigation, and placement in alternative community-based programs.

Populations Served: Woman prisoners in California their families and community members interested in building a world without prisons.

Experience with Sex Workers: Justice Now has many clients who have been convicted of sexual offenses. They help them with family law, sentencing, and health care needs. Internships and volunteer positions are always available.

**La Raza Centro Legal**

474 Valencia Street #295  
San Francisco, CA 94103  
Phone: (415) 575-3500  
Languages: Spanish & English

**Law Office of Elizabeth D. Long**

351 California Street, Suite 550  
San Francisco, CA 94102  
Phone: (415) 693-9315  
Legal assistance in the areas of family law, landlord-tenant, some immigration, small claims and collection issues. Initial 30 minute consultations available with no charge or obligation.

©**Law Office of Erin Crane**

759 Grove Street  
San Francisco, CA 94102  
Phone: (415) 522-1523  
Provides legal assistance and referrals in the areas of criminal law, police misconduct, civil law and landlord-tenant issues.

©**Law Office of John Lee**

15 Boardman Place  
San Francisco, CA 94103  
Phone: (415) 863-4336  
Provides legal assistance and representation in the area of criminal law.

♥**Law Office of Katya Komisurak**

Just Cause Law Collective  
405 14<sup>th</sup> Street, Suite 1012  
Oakland, CA 94612  
Phone/Fax: (510) 652-9937 (m'lwyer)  
E: [justcause@lawcollective.org](mailto:justcause@lawcollective.org)

♥**Law Office of Michael Stephanian**

819 Eddy Street  
San Francisco, CA 94109  
Phone: (415) 771-6174, 220  
Provides legal assistance and representation in the area of criminal law.

©**Law Office of Tony Serra**

Pier 5, the Embarcadero  
San Francisco, CA 94109  
Phone: (415) 986-5591

Contact: Larry Lichter  
Provides legal assistance and representation in the area of criminal law.

**Lawyers Committee for Civil Rights, S.F.**

301 Mission Street, Suite 400  
San Francisco, CA 94103  
Phone: (415) 543-9444  
Fax: (415) 543-0296  
Languages: Spanish & English

**Legal Services for Children, Inc.**

1254 Market Street  
San Francisco, CA 94102  
Phone: (415) 863-3762  
Fax: (415) 863-7708

**National Center for Youth Law**

114 Sansome Street, Suite 900  
San Francisco, CA 94104  
Phone: (415) 543-3307  
Fax: (415) 956-9024

**♥National Labor Relations Board**

901 Market Street, Suite 400  
San Francisco, CA 94103  
Phone: (415) 356-5130  
Available Services: Legal advocacy. Their intention is to ensure fair labor practices and employees right to organize unions.  
Populations Served: Any private sector employees  
Languages: Spanish & English.  
Experience with Sex Workers: They have done case trial investigations for Sex Workers.

**National Women's Political Caucus**

P.O. Box 190055  
San Francisco, CA 94119  
Phone: (415) 922-5004

**New College Criminal Defender Program**

50 Fell Street  
San Francisco, CA 94102  
Phone: (415) 861-2567  
Fax: (415) 861-7566

**Prison**

[www.prisons.org/hivin.htm](http://www.prisons.org/hivin.htm)

**San Francisco Board of Supervisors**

City Hall

1 Dr. Carlton B. Goodlett Place, Room 244  
San Francisco, CA 94102  
Clerk's Office: (415) 554-5184  
Fax: (415) 554-5163  
TDD/TTY: (415) 554-5227

Tom Ammiano  
District 9  
Phone: (415) 554-5144  
Email: [Tom.Ammiano@sfgov.org](mailto:Tom.Ammiano@sfgov.org)

Chris Daly  
District 6  
Phone: (415) 554-7970  
Email: [Chris.Daly@sfgov.org](mailto:Chris.Daly@sfgov.org)

Bevan Dufty  
District 8  
Phone: (415) 554-6968  
Email: [Bevan.Dufty@sfgov.org](mailto:Bevan.Dufty@sfgov.org)

Matt Gonzalez  
District 5  
Phone: (415) 554-7630  
Email: [Matt.Gonzalez@sfgov.org](mailto:Matt.Gonzalez@sfgov.org)

Tony Hall  
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Phone: (415) 554-6516  
Email: [Tony.Hall@sfgov.org](mailto:Tony.Hall@sfgov.org)

Fiona Ma  
District 4  
Phone: (415) 554-7460  
Email: [Fiona.Ma@sfgov.org](mailto:Fiona.Ma@sfgov.org)

Sophie Maxwell  
District 10  
Phone: (415) 554-7670  
Email: [Sophie.Maxwell@sfgov.org](mailto:Sophie.Maxwell@sfgov.org)

Jake McGoldrick  
District 1  
Phone: (415) 554-7410  
Email: [Jake.McGoldrick@sfgov.org](mailto:Jake.McGoldrick@sfgov.org)

Gavin Newsom  
District 2

Phone: (415) 554-5942  
Email: [Gavin.Newsom@sfgov.org](mailto:Gavin.Newsom@sfgov.org)

Aaron Pesign  
District 3  
Phone: (415) 554-7450  
Email: [Aaron.Peskin@sfgov.org](mailto:Aaron.Peskin@sfgov.org)

Gerardo Sandoval  
District 11  
Phone: (415) 554-6975  
Email: [Gerardo.Sandoval@sfgov.org](mailto:Gerardo.Sandoval@sfgov.org)

**San Francisco Human Rights Commission**

25 Van Ness Avenue, Suite 800  
San Francisco, CA 94102  
Phone: (415) 252-2500  
Fax: (415) 431-5764

**San Francisco Mayor's Office**

1 Dr. Carlton B. Goodlett Place, Room 200  
San Francisco, CA 94102  
Phone: (415) 554-6141  
Fax: (415) 554-7111

**San Francisco Pretrial Diversion Project**

567 7th Street  
San Francisco, CA 94103  
Phone: (415) 626-4995

SF Pretrial Diversion Project offers a number of diversion programs which can provide services for you and which may help clear your record. The St. James Infirmary also accepts referrals from Pre-Trial Diversion; Sex Workers may complete their required hours by receiving services and/or volunteering at St. James.

**San Francisco Public Defender's Office**

555 7th Street  
San Francisco, CA 94103  
Phone: (415) 553-1671

**Secretary of State Kevin Shelley**

455 Golden Gate Avenue, Suite #14100  
San Francisco, CA  
Phone: (415) 557-0171

**Senator Barbara Boxer**

1700 Montgomery Street, #240  
San Francisco, CA 94111  
Phone: (415) 403-0100

**Senator John Burton**

455 Golden Gate Avenue, Suite 14800

San Francisco, CA 94102

Phone: (415) 557-1300

**Senator Dianne Feinstein**

1 Post Street, Suite 2450

San Francisco, CA 94104

Phone: (415) 393-0707

**Small Claims Court, Legal Advisor's Office**

400 McAllister Street, Room 103

San Francisco, CA 94102

Phone: (415) 292-2124

## **MENTAL HEALTH SERVICES**

### **24-Hour Suicide Prevention**

Phone: (415) 781-0500

24 hours daily.

Free counseling and emotional support for people in crisis and/or suicidal.

### **Access Helpline**

Phone: (415) 255-3737

Fax: (415) 246-3333

24-hr intake and referral for mental health services, including emergency care, counseling, and adult and children outpatient care.

### **CIIS-California Institute of Integral Studies**

1453 Mission Street

San Francisco, CA 94103

[www.ciis.edu](http://www.ciis.edu)

Phone: (415) 575-6100, x4

### **Caduceus**

489 Clementina, 2<sup>nd</sup> Floor

San Francisco, CA

Phone: (415) 243-8420

Fax: (415) 243-8520

### **California Counseling Institute**

4620 California Street

San Francisco, CA 94118

Phone: (415) 752-1702

### **Center for Special Problems**

1700 Jackson Street

San Francisco, CA 94109

Phone: (415) 292-1500

Fax: (415) 292-2030

Public Health department mental health services for trauma survivors and perpetrators.

Languages: Spanish, Cantonese and English.

### **Chinatown/North Beach Mental Health Services**

729 Filbert

San Francisco, CA 94133

Phone: (415) 352-2000

Fax: (415) 352-2050

**Community Counseling Service**

369 Pine Street  
San Francisco, CA 94104  
Phone: 392-5395

**Conard House**

3432 19th Street  
San Francisco, CA 94107  
Phone: (415) 836-1731  
Fax: (415) 836-1737

Conard House provides mental health services, including counseling, social services, case management, income advocacy, money management, vocational services and housing to mentally disabled adults of San Francisco. The House operates seven supportive housing programs (formerly known as the Hotel Program) and manages 17 cooperative apartments; three community service centers which specialize in money management; and a vocational Training Center, which owns and operates 2 cafes, a catering business and a Janitorial Service.

**Exhale**

Phone: 1-866-4-exhale (394253)

[www.4exhale.org](http://www.4exhale.org)

A talk line that is operated by trained peer counselors to provide non-judgmental after abortion care for women and their loved ones, their hours are M-F 5p-10p.

Languages: English, and Spanish on Wednesdays.

**♥Iris Center**

333 Valencia, Suite 222  
San Francisco, CA 94103  
Phone: (415) 864-2364  
Fax: (415) 864-0116

Substance use treatment, HIV counseling, support & resources for women.

**Marina Counseling Center**

2137 Lombard Street  
San Francisco, CA 94123  
Phone: (415) 563-2137

**Mental Health Association**

1095 Market Street, Suite 408  
San Francisco, CA 94103  
Phone: (415) 241-2927  
Fax: (415) 241-2928

**Mobile Crisis**

Phone: (415) 255-3610  
Fax: (415) 252-3030

Provide emergency psychological site field visits and 5150 assessments.

**♥New College Community Counseling Center**

741 Valencia Street

San Francisco, CA 94110

Phone: 437-3456

Provides individual counseling on a sliding scale to all populations. Utilize harm reduction approaches, and are supportive of Sex Workers.

**New Generation Health Center**

625 Potrero Avenue

San Francisco, CA 94110

Phone: (415) 502-TEEN

Fax: (415) 502-7566

**©New Leaf Services**

1853 Market Street

San Francisco, CA 94103

Phone: (415) 626-7000

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

Individual and group mental health counseling for gay, bi, lesbians and transgenders.

Languages: Spanish & English.

**OMI Family Services**

2335 Ocean Avenue

San Francisco, CA 94127

Phone: (415) 334-4717

Fax: (415) 334-5712

**PGSP Clinic, Pacific School of Psychiatry**

935 E. Meadow Street

San Francisco, CA 94303

Phone: (650) 493-2559

Fax: (650) 856-6734

Psychotherapy is provided by psychologists-in-training. Sliding scale available. The PGSP Clinic serves a population of diverse ethnic, cultural, and sexual orientation backgrounds.

**Progress Foundation**

368 Fell Street

San Francisco, CA 94110

Phone: 861-0828

Progress Foundation is a non-profit agency dedicated to providing residential treatment and supported housing to seriously mentally disabled individuals.

**Richmond Area Multi-Services (RAMS)**

3626 Balboa St

San Francisco, CA 94121

Phone: 668-5955

Special focus on Asian Americans.

Languages: Many Asian languages available, German & English.

**San Francisco Bay Counseling**

1700 Irving Street  
San Francisco, CA 94122  
Phone: 759-9500

**San Francisco Suicide Prevention**

P.O. Box 191350  
San Francisco, CA 94119  
Phone: (415) 984-1900  
Fax: (415) 984-1921  
24-hr suicide crisis line: (415) 781-0500  
Drug line: (415) 362-3400  
Drug Relapse Prevention line: (415) 834-1144  
Mental health info and referral: (415) 981-4700  
HIV/AIDS Nightline: (415) 434-AIDS  
Workplace Crisis Services: (415) 984-1900  
TTY Crisis line: (415) 781-2224  
Linea Nocturna: (415) 989-5212.

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

Mental health care, community education, substance use education, relapse prevention information and crisis intervention.

Populations served: Any one who calls.

Languages: Spanish & English

Experience with Sex Workers: Minimal known contact with Sex Workers.

They always need crisis line volunteers.

**St. James Infirmary**

1372 Mission Street  
San Francisco, CA 94103  
Phone: (415) 554-8494

Peer counseling, mental health counseling and mental health referrals. See introduction for appropriate days and times.

**South of Market Mental Health Center**

760 Harrison Street  
San Francisco, CA 94107  
Phone: (415) 836-1700  
Fax: (415) 836-1737

**Tenderloin Outpatient Clinic**

251 Hyde St  
San Francisco, CA 94102  
Phone: (415) 673-5700

**©Westside Community Mental Health Center**

1153 Oak Street

San Francisco, CA 94117  
Phone: (415) 431-9000  
Fax: (415) 431-8351

**Westside Crisis Clinic**

888 Turk Street  
San Francisco, CA

Phone: (415) 353-5050

## NEEDLE EXCHANGE SITES

Please see Substance Use section for injecting tips.

### **Casa Segura-the Safe House**

Oakland, CA

Phone: (510) 547-0310

Email: [safehouse2@earthlink.net](mailto:safehouse2@earthlink.net)

Wound and abscess care available at all sites.

Tuesday: 6-8pm, at 12<sup>th</sup> and 23<sup>rd</sup> in the cul-de-sac, Fruitvale

Thursday: 6-8pm, 100<sup>th</sup> and Permain, between San Leandro and Edes off 98<sup>th</sup> Ave-East Oakland

Saturday: 6-8pm, 8<sup>th</sup> and Pine Street-West Oakland

### **Drug Overdose Prevention Project (DOPE)**

Phone: (415) 647-3641 x2

### **Exchange Works**

Richmond, CA

Phone: (510) 236-8122

Monday: 6-8pm, B Street above the RR tracks @ Barrett

Wednesday: 6-8pm, 7<sup>th</sup> Street and Factory (N. Richmond)

Thursday: 6-8pm 13<sup>th</sup> Street and Cutter

### **© HIV Prevention Project Needle Exchanges (San Francisco AIDS Foundation)**

Phone: (415) 241-5100

Fax: (415) 241-5109

Free weekly needle exchange, info and referrals to social services, and distribution of alcohol wipes, bleach, cotton, condoms and educational info.

Monday: 1-3 pm, 1676 Newcomb (near 3<sup>rd</sup> St); 7-9pm, Ivy Street (garage under Tom Waddell)

Tuesday: 10am-12pm, 117A 6<sup>th</sup> St near Mission; 6-8 pm, Duboce St between Church and Market

Wednesday: 5-7pm, 183 Golden Gate(at TARC); 6-8pm, 427 S. Van Ness(btwn 15<sup>th</sup>/16<sup>th</sup>)

Thursday: 1-3pm, 1676 Newcomb St; 7-9pm, Hemlock Alley (between Post and Sutter/Polk and Van Ness)

Friday: 12-2pm, 117A 6<sup>th</sup> St.; 6-8pm, 234 Eddy St. (btwn Taylor/Jones)

Saturday: 3-5pm, 117A 6<sup>th</sup> St.

### **Marin AIDS Project**

1660 2<sup>nd</sup> St

San Rafael, CA 94901

Phone: (415) 457-2487, x256

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

Their Point Program hosts four weekly needle exchange sites throughout Marin County.

Look for the big blue van.

~Tuesday: Mill Valley. 6-8pm at the Park and Ride Lot, 101 @ Stinson Beach Exit.

~Thursday: Novato. 7-9pm on the Donna Street cul-de-sac, off Rowland, between Redwood and Novato Blvd's.

~Friday: Fairfax. 5-7pm at the Fairfax Library parking lot, 2095 Sir Francis Drake Boulevard.

~Saturday: San Rafael. 6:30-8:30pm at Marin AIDS Project, 1660 Second Street at the corner of "G", San Rafael.

**SAGE Project**

1275 Mission Street  
San Francisco, CA 94103  
Phone: (415) 905-5050  
Fax: (415) 905-5054

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

SAGE provide a free wound care clinic every Thursday, 9am-12pm.

**♥San Francisco Needle Exchange (Haight)**

409 Clayton Street  
San Francisco, CA  
Phone:  
Mondays, Wednesdays, Fridays: 5-7pm (1.5 blocks off Haight)

**©TARC-Tenderloin AIDS Resource Center**

187 Golden Gate Avenue  
San Francisco, CA 94102  
Phone: (415) 431-7476  
Fax: (415) 431-3959  
Email for general information: [info@tarcsf.org](mailto:info@tarcsf.org)

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

Health promotion, health services and HIV housing for tenderloin residents, breakfast, counseling groups, needle exchange, free and confidential HIV antibody testing and counseling, transgender drop-in groups.

**Tri-City Health Center**

2299 Mowry Avenue #3B  
Fremont/Hayward, CA  
Phone: (510) 713-6690 x2  
Wound and abscess care services available at all sites.

Fremont

~Wednesday: 3-5pm, at above address, Civic Center

Hayward-

~Wednesday: 10am-4pm B. Street and 2<sup>nd</sup> Street-First United Methodist Church

~Wednesday: 6-9pm, 680 W. Tennyson Rd @ Ruus Rd.-Eden Youth Center

~Saturday: 10am-2pm, 680 W. Tennyson Rd @ Ruus Rd.-Eden Youth Center

## POLICE

### How well do you know your rights?

Try this true/false test:

1. If you're arrested, you shouldn't answer the cops' questions, but it's okay to make small talk with them about sports, politics, etc.
2. You're required to carry identification with you at all times and show it to the police upon request.
3. It doesn't matter what you say to your arresting officers, as long as you don't sign anything.
4. If you ask an undercover officer, "Are you a cop?" it's legal for him to lie and say, "No, I'm not a cop."
5. If you're arrested and you admit to the police what you've done wrong, you'll get a better deal in court.
6. If the police fail to read you your rights when they arrest you, you'll almost always win your case.
7. If you chose to remain silent after you were arrested, the prosecutor can't argue to the jury that that this is evidence of guilt.
8. If an officer asks to see what's in your pockets or backpack, and you say "No," the officer can use your refusal as an excuse to search.
9. If you're arrested, but you're truly innocent, you should ask to see a lawyer and then remain silent.
10. You can count on the legal system to work fairly, regardless of your gender, race, class, nationality, orientation or disabilities.

Answers: 1. F 2. F 3. F 4. T 5. F 6. F 7. T 8. F 9. T 10. F

## Handling Encounters With Law Enforcement

Always check the publication date of educational materials concerning legal matters, because laws change over time. Legal information must be regularly updated by an attorney in your own state who practices the appropriate area of law (criminal defense, immigration, etc.).

When dealing with the police or with any other law enforcement agents, keep your hands in view and don't make sudden movements. Also, avoid passing behind them. Never touch the police or their equipment (vehicles, flashlights, animals, etc.)

When you are involved in or observing an interaction with the police, always note what is said and by whom. Record the officers' names and badge numbers. Immediately after the police interaction, make a copy of the Police Misconduct Report and fill it out. Do it promptly so you can remember important details clearly. Familiarize yourself with the Police Misconduct Report in advance so you'll know what to look for.

### Questioning

Interrogation isn't all bright lights and rubber hoses—more often than not it's a casual conversation. Whenever law enforcement officers ask you anything besides name and address, it's legally safest to say these Magic Words: *"I'm going to remain silent. I would like to see a lawyer."* These phrases invoke the constitutional rights that protect you from police interrogation.<sup>1</sup>

Generally speaking, engaging in dialogue with law enforcement personnel is appropriate only if you are reporting a crime. If you find yourself unexpectedly in a situation that could conceivably lead to arrest, you must choose your words very carefully. Once you say the Magic Words, the authorities are supposed to stop questioning you. If they don't stop, just keep repeating the formula like a mantra.

Remember, anything you say to the authorities can and *will* be used against you and your friends in court. There's no way to predict what the police might try to use or how they'd use it. Plus, the police might misquote you or lie altogether about what was said. So it's good to make a habit of saying *only* the Magic Words and letting everyone know that this is your policy.

Be aware that the authorities are legally allowed — and encouraged — to lie when they're investigating, and they are trained to be manipulative. Insist upon speaking with friends and lawyers before you answer any questions or produce any documents.

If you don't think you'll remember the Magic Words when you need them, write them on your forearm, preferably with something that won't wash off too easily (permanent markers work well.) Make sure that when you're arrested with other people, the rest of the group knows the Magic Words and promises to use them.

### The Miranda Warnings

Just because the police didn't read you your rights doesn't mean you can beat your case. Police are only required to read you your rights if both:

- (1) you're under arrest, *and*
- (2) they want to ask you questions

So if the police ask you questions but haven't arrested you, they don't have to read you your rights and your statements will be used against you. More important, if the police arrest you and don't ask questions, they don't have to read you your rights; but if *you* go ahead and say things to them, your statements *will* be used against you.

If you've been arrested and realize that you accidentally started answering questions, don't panic. As soon as you remember that you're supposed to be remaining silent, say the Magic Words: *"I'm going to remain silent. I would like to see a lawyer."* Just because you've answered some questions doesn't mean you have to answer all of them. Stopping can't hurt, and it may help.

## Police Encounters

There are three levels of police-initiated encounters. The second two—which are more serious—require a certain level of proof before the police can engage in them.

ENCOUNTER	LEVEL OF PROOF
(1) conversation	none
(2) detention	reasonable suspicion
(3) arrest	probable cause

**Conversation:** When the police are conducting an investigation, but do not have enough evidence to detain or arrest you, they will try to engage you in conversation or get consent to search. They may call this a "casual encounter" or a "friendly conversation," etc. If you cooperate, you're likely to give them the very facts they need to arrest you. Instead, you should refuse their request (even though their request may sound more like an order). Always state your refusal in words, as opposed to just shaking your head.

**Detention:** Police are only allowed to detain you if they have a **reasonable suspicion** that you are involved in a crime—that reasonable suspicion must be more than a mere hunch. *The police must be able to put their reasonable suspicion into words.* That is why it's sometimes called an **articulable suspicion**. For example, if an officer stops an individual, it's not enough for the officer to say, "He looked like he was up to something." The officer has to be more specific, giving details, such as, "He kept looking in the window of the jewelry store, then walking away, then coming back and peering into the store again. And he wasn't from the neighborhood. He seemed nervous and agitated, so I thought he might be planning a burglary." Detention is supposed to last only a short time and should not involve changing location, such as going to the local police station. Though not as serious as an arrest, detention still means that you are not free to leave and are subject to limited search during the brief time of the encounter.

During a detention, the police are entitled to pat the outer surface of your clothing and to look into your bags to check for guns or knives. *A detention search is conducted only to assure that the detainee has no weapon(s) that could endanger an officer.* For example, once the police have patted you and have not felt anything that could be a weapon, they cannot then examine the contents of your pockets.

**Arrest:** When the police have **probable cause** to believe that you are involved in a crime, they can arrest you. (They don't need an arrest warrant as long as they have probable cause.) Probable cause is more than a reasonable suspicion, but less than the level of proof required to convict you at trial. Probable cause varies, according to the facts of the case. Say, for example, the police received a call from a store owner that someone had just spray-painted graffiti on his store. The police drive to the area and notice you running down the street, about a block from the store, holding a can of spray paint in your hand. Under these circumstances, the police would have probable cause to arrest you.

A detention can easily turn into an arrest. Even gently touching a police officer during a detention can justify arrest for "battery upon a peace officer." If the police find a weapon or see drugs while detaining you, it is likely to provide the probable cause necessary to arrest you. For instance, the police might detain you for questioning and then discover a knife while pat searching you or they might be detaining you to write you a ticket and then spot an open alcoholic beverage container in your car.

When making an arrest, the police are allowed to search to the skin and to go through your bag and/or car. An officer searching your body must be of your own gender.

## Sample Conversations With Law Enforcement

- (1) Cop: Can I ask you a couple of questions?  
You: Are you detaining me or am I free to go?  
Cop: No, I'm not detaining you, I just want to talk to you.  
You: I don't choose to talk to you. (walk away) Remain silent. Walk away.

- (2) Cop: You're not going anywhere. Hands against the wall, feet back and spread 'em.  
You: Can you explain why I'm being detained?  
\*Memorize the officer's response. The officer may be unable to state a reasonable suspicion, and that fact could help you win your case later on. Don't go telling the cop that s/he doesn't have reasonable suspicion. That will just remind him/her to come up with a better story before writing the report.
- (3) Cop: You're under arrest.  
You: I'm going to remain silent. I would like to see a lawyer.  
\*Do not wait for the police to read you your rights. They may not do it (and they're not required to unless they want to question you). Once you say that you don't want to answer questions or that you want a lawyer, the police are not allowed to question you. However, the police do get to ask your name, address and to see valid picture identification. It's okay to give them that information if you want to be **released on citation** (the citation is a ticket telling you when to come to court).
- (4) Cop: Can I look in your backpack (purse, pockets, wallet, glove compartment, trunk)?  
You: No. I don't consent.

### Searches and Warrants

If police come to the door with an **arrest warrant**, step outside and lock the door. Police are allowed to search any room you go into, so don't go back into your home to get your wallet or use the bathroom. If they *do* have an arrest warrant, hiding inside isn't likely to help, because police are allowed to force their way in if they believe you are there. So you might as well go, without letting them in to search.

*Do not consent* when the police ask to enter and search your home without a **search warrant**. Don't let them invite themselves in. Stand in the doorway and refuse to give them permission:

Cop: Mind if I come in?

You: No, I don't consent.

The police are quite likely to tell you they don't need a warrant to enter your home. It's always safest to reply: "I don't consent to your coming in." This statement cannot harm you, and it will be helpful in court if the police are wrong or lying. If the police tell you they're coming in anyway, make sure to repeat, "I don't consent." If police say they do have a search warrant, ask them to give it to you so you can read it to see that it's signed and has your correct address and a reasonably recent date (not more than a couple of weeks). If you point out a flaw in a warrant, the police may ask you to let them in anyway. Just say no. (The police may threaten to tear your home apart if they have to go back and get another warrant, but the search will be destructive anyway, even if you let the police in immediately.)

Do not physically resist the police when refusing consent because you're likely to get hurt and charged with resisting or assaulting an officer. If the police insist on coming in after you've refused consent, stand aside and let them through the door—but remind them that you still don't consent to the search.

Saying "I don't consent" may seem a little formal, but it helps keep the police from claiming that they thought you gave them permission. Many cases have been lost because the suspect was too polite or intimidated to refuse consent clearly. For example, if you said, "I'd rather you didn't come in," it could be argued that you were giving them permission while just expressing a little discomfort about it.

### CAUTION!

There are a lot of ways the police will try to trick you into talking. It's always safest just to say the Magic Words: *"I'm going to remain silent. I would like to see a lawyer."* The following are common lines the police use when they're trying to get you to talk:

- You're not a suspect. We're simply investigating here. Just help us understand what happened and then you can go.
- If you don't answer my questions, I won't have any choice but to take you to jail.

- Your friends have all cooperated and we let them go home. You're the only one left. Do you *want* to go to jail?
- If you don't answer these questions, you'll be charged with resisting arrest.

**Good-Cop, Bad-Cop Routine:** Don't get taken in by a "good cop" just because s/he is someone of your own race or gender.

**Rat Jacket Routine:** Don't believe police who insist that your buddy has snitched you off—never roll over on her/him. The police will often be telling your buddy that *you're* a snitch in the hope that each of you will snitch off the other.

**George Washington Routine:** The police will claim that they have all the evidence they need to convict you, and your best bet is to "take responsibility" and confess right away. They'll argue that if you confess promptly, the judge will be impressed and go easier on you. When the police say they have all the evidence they need, what they really mean is: We don't have enough evidence yet, and that's why we need you to confess.

If you're arrested with friends, make an agreement that no one will make statements to the police until everyone's been able to talk to a lawyer and calmly decide what to do. Be aware of the paranoia, which tends to set in after people have been separated.

Be particularly suspicious if you are in custody and an officer (or an unfamiliar person claiming to be a lawyer) comes and tells you that everyone else has agreed to a particular deal or to leave jail. Demand to see a trusted lawyer or another friend to verify this information.

When you're in jail, don't talk to your cell-mates about what happened to you, who was with you or even whom you know. Stick to safe topics such as movies, music, sports, sex, etc.

Above all, do not ask for or accept legal advice from the officers who have stopped you. They are not there to act as your advocates. Remember that they've been trained to put you at ease, to get you to trust them. Their job is to find, arrest and help convict the suspect. And that suspect is you.

### **Infiltrators and Informants**

Law enforcement officers infiltrate organizations. Undercover officers are allowed to lie if you ask whether they're law enforcement personnel. It does no good to ask, "Are you a cop?" Police are allowed to lie about being police. Narcs are allowed to do drugs. Legally, this is not considered **entrapment**.

Also, law enforcement agencies often use informants. Informants are usually people who have criminal charges pending against them; the authorities promise to let them off the hook if they'll snitch. Informants can be very deceptive since they don't look or talk like cops. In fact, an informant can be an old friend or acquaintance who just recently happened to fall under police control.

### **Bail**

There are several procedures for getting out of jail while a case is in process. The police decide whether to give you a *citation* and release you. The judge decides whether to offer you *bail*, *bond* or *OR*.

**Citation:** Citing out is a type of release from custody in which you sign a citation, a promise to appear in court. It's usually a form that looks like a traffic ticket.

**Bail:** Bail is money you pay to the court, to be forfeit if you don't appear at scheduled hearings. A bail bondsman can put up the money for you, but you have to give the bondsman a percentage of the total bail (usually 10 percent), which s/he keeps as payment. Often, there is a pre-set bail for misdemeanors and lesser felonies, which you can pay at the jail without waiting to go before a judge.

**Bond:** A bond is like bail except that you put up collateral instead of paying money. Collateral is something of value, like a car or house or land.

**OR:** Release on your own recognizance (OR, ROR or PR) is simply your promise to come to court for scheduled hearings without having to put up bond or pay bail. Usually you will only be released on your own recognizance if you can prove that: (1) you are not a danger to the community; and (2) you are not a flight risk—unlikely to return for court appearances. You are likely to be kept in jail if you:

- have an outstanding warrant
- are already out on OR, bond or bail
- are on probation or parole
- have failed to appear for court dates in the past
- have immigration problems
- are arrested with drugs or weapons in your possession

You can prove that you're not a flight risk by putting together a packet of documents, to show the judge that you have long-term ties to the community and are therefore unlikely to skip town. Assemble as many different types of the following documents as possible. You'll need the originals, plus a copy of each to give the court:

- lease, rent receipts, utility bills, phone bills (both current bills and very old ones to show the span of time you've been at this residence)
- employment contract, pay stubs, records of volunteer work (both current and old records)
- school ID, school records
- proof of membership in community organizations or churches
- general character reference letters from landlords, roommates, employers, teachers, clergy
- list of character references with phone numbers
- letters on doctor's stationery about any medical conditions or appointments that necessitate your release.

Obviously, it's very difficult for your friends to run around trying to assemble such materials while you're sitting in jail. It makes much more sense for you to put together a packet of these documents yourself, and keep them in a safe but accessible place. Then, if you get in trouble, your friends can bring these papers to your lawyer, so that you'll have the material you need in court.

## Foreign Nationals

Immigration law is rapidly changing, following the terrorist incidents of September 11, 2001. All non-U.S. citizens should take care to update their understanding of the law on a regular basis.

The INS seeks out and detains non-citizens on a regular basis, and is doing so on a very broad scale at the present time. What's more, most law enforcement officials are quick to turn those they suspect of being non-citizens (especially people of color and those who speak English as a second language) over to the Immigration and Naturalization Service (INS).

If the officers who've arrested you appear to know that you're not a U.S. citizen, you should say: *"I'm going to remain silent. I would like to see a lawyer. I want to call my consulate."* This applies whether you're talking to the INS, the FBI, a police officer, a sheriff, or any other type of law enforcement agent. (In addition to having a lawyer present before making any decisions about what to say, non-U.S. citizens also have the right to seek assistance from their consulate.)

Non-citizens should never agree to "voluntary departure" from the United States without checking with an immigration lawyer to see whether that's really the best option. This may mean remaining in custody somewhat longer, but you must avoid panicking and giving up your rights simply because you've been detained by the authorities.

Watch out for "expedited removal," a fast-track deportation procedure that can result in expulsion from the United States within a day or two. If you believe that the authorities are going to engage in

expedited removal of a detained individual, you should (1) retain an immigration attorney immediately, and (2) have as many people as possible (preferably hundreds) contact the individual's consulate and urge the consular officials to become involved. It's also useful to have politicians and clergy visit the individual in custody. The point is to let the immigration authorities know that the case is under public scrutiny.

Non-U.S. citizens who have been charged with a crime have the same rights as U.S. citizens in criminal court, including:

- the right to remain silent
- the right to an attorney paid for by the court if the accused person is low-income
- the right to a trial (including a speedy trial)

Be aware, however, that after dealing with the criminal case, non-U.S. citizens may then have to face an immigration hearing. Immigration hearings are usually shorter than criminal trials and defendants have fewer rights in the process. You are not entitled to a jury, nor to a court-appointed lawyer (although you can retain your own). You do have a right to a hearing before an immigration judge, and the timing of the hearing depends on whether you are in or out of custody. Unfortunately, immigration judges are often cynical and biased against non-citizens. By law, less evidence is required for a judge to decide that someone has violated immigration laws than for a judge or jury to decide that someone has broken criminal laws.

If you are considering a plea bargain in a criminal case, you must consult with an immigration attorney before deciding whether to accept the offer. Some deals, which are fine for U.S. citizens, are bad for foreign nationals — certain sentences that seem light can still result in expulsion from, or denial of re-entry into, the United States, or denial of naturalization.

## Immigration Consequences

The immigration consequences of encounters with law enforcement depend on your present immigration status.

If you are arrested in the United States and you don't have a valid visa, your chances of being detained by the authorities and then sent home are high. You needn't have committed any other crime, since being in the country illegally is itself grounds for expulsion.

If you do have permission to enter the United States, then your immigration consequences depend on the type of visa, the outcome of the case, and the crime(s) with which you're charged. If you are merely here on a temporary visa your risk of expulsion is higher. If you are a resident alien (have a green card), you have more legal maneuvers available, although you could still be expelled even though you may have lived in the United States most of your life.

If you are acquitted of the charge(s) against you, there is generally little impact on your immigration status. If you are convicted, then it is more likely that you will be expelled. (Note that if you are sentenced to jail, you will have to serve your time before you are sent out of the country.) There are three levels of crime, and convictions for the higher crimes are obviously worse from an immigration standpoint.

If convicted of a **felony** (a crime punishable by prison time), the chances of being expelled are high, especially if the offense involves drugs, violence, sex or dishonesty (like fraud).

If convicted of a **misdemeanor** (a crime punishable by a year in jail or less), the chances of being expelled are lower, but you're still at considerable risk if the offense involves drugs, violence, sex or dishonesty. Deliberately giving incorrect information to a police officer (like a false address or false name) is only a misdemeanor, but it has serious immigration consequences because the offense involves dishonesty. Remember that while it's illegal to give false information, it's okay to give *no* information. You always have the right to remain silent.

If you are convicted of an **infraction** (a crime usually not punishable by jail time), you should not have any immigration problems, unless you are undocumented or your visa has expired. One of the goals of many groups that participate in nonviolent direct actions is to use solidarity tactics to plea bargain with the prosecution, so that everyone who wishes can plead out to an infraction.

Minors (people under 18 years old) who are non-U.S. citizens and are prosecuted in juvenile court will not have any immigration consequences if they are convicted.

When plea bargaining, be especially careful about **diversion**. Diversion is a program in which defendants do community service and/or pay an administrative fee. When the requirements are complete, the charges are dismissed — so you don't get a conviction on your record. *However, if you are not a U.S. citizen, diversion usually counts as a conviction!* Non-U.S. citizens must have a local immigration attorney check on whether it's safe to take diversion in a particular region.

Some other procedures equivalent to diversion are “deferred prosecution” and “dispositional continuance.” These programs also usually count as convictions for immigration purposes.

<sup>1</sup>You have the rights, under the Fifth and Sixth Amendments to the U.S. Constitution, not to be forced to say anything which would incriminate you (help prove you guilty), and to have a lawyer present when the police are questioning you if you've been arrested. If you invoke either of these rights, the police have to stop questioning you. *You have these rights even if you are a minor or non-U.S. citizen.*

## Common Interrogation Lines

The following are analyses of traditional interrogation lines:

You're not a suspect. We're simply investigating here. Just help us understand what happened and then you can go.

If you answer questions, you're likely to *become* a suspect, if you aren't really one already.

What are you afraid of? If you haven't done anything wrong, then you shouldn't have any problem answering my questions.<sup>1</sup>

What you should be afraid of is being lured into answering questions. You don't have anything to prove. Remember, in court you're "innocent until proven guilty" – and the thing most likely to prove guilt is an unplanned statement made when you're arrested. If the police are thinking of arresting you, answering their questions will make them more determined to do it, not less so.

Look, if you don't answer my questions, I won't have any choice but to take you to jail. This is your chance to tell your side of the story.

This is the commonest trick of all! The police consistently pretend that they're considering letting you go, when they've already made up their minds to take you to jail. Remember, the time to tell your side of the story is when you're in court and have your lawyer helping you—not when you're alone with a cop who's busy building a case against you.

Your friends have all cooperated and we let them go home. You're the only one left. Do you *want* to stay in jail?

The police can lie about where your friends are and what they've said. Don't trust information given to you by the cops. Make sure to verify your facts through a lawyer or your friends and family.

I'm tired of screwing around. If you don't answer my questions, you're going to be charged with obstruction.

Well, you know this is garbage, because the Constitution guarantees you the right to remain silent – so refusing to answer questions can't be against the law. But some cops will still threaten you with "resisting an officer" or "obstruction of justice," just to see whether you'll fall for it.

Come on, I'm not asking you to sign anything. We're just talking. And you can stop any time you want to.

Remember, anything you *say* can be used against you in a court of law. You don't have to sign anything to make it a real confession –the police will just quote you (and they may be taping you, too). The time to stop is before you ever begin –even a little time spent answering questions can completely screw up your case.<sup>2</sup>

Look, we've got all the evidence we need to convict you, so you might as well confess.

If the police really had all the evidence they needed, they wouldn't waste time talking to you. The only reason they're questioning you is because they *don't* have enough proof, and they're hoping you'll be kind enough to give it to them.

Basically, the case against you is really strong. It's not a question of *whether* you're going to jail – it's a question of what you're to jail *for*.

This is your last chance to get the right information to the DA before he decides on the charges. This is not the time to give more information to the DA. You can do that later,

once you've got a lawyer helping you. After all, the DA can change the charges anytime up to trial. And in most cases, the DA does change the charges – reducing or dismissing them as part of a plea bargain. But your lawyer can usually get you a better deal if you don't give away all your bargaining power by confessing to the arresting officers.

You know, there's only one person who can help you right now, and that's you. I can listen, but you've got to do the talking. This thing is going to eat at you; it's going to weigh you down for the rest of your life, if you don't get it off your conscience. Things look pretty bad right now, and they are. But this is where you have to start from. You've got to get this stuff out now, so you can move forward.

Confession may be good for the soul, but not when it's to the police. Talk about your feelings with a spiritual advisor such as a minister, priest, rabbi or imam, or with a licensed counselor such as a psychiatrist, psychologist, or social worker (but not a probation officer). They have the professional training to help you, and more important, they're prohibited by law from testifying about what you confide to them. Cops, on the other hand, will gladly testify about what you've "gotten off your chest."

You got a choice here. Either you answer my questions, or you're going to jail. And I'd hate to see a nice white boy like you get punked by a bunch of nigs.<sup>3</sup> You can talk to me now, or you can go to jail. And let me tell you something, there's women in that jail who haven't been outside in months, women who haven't been with a man for a real long time. How'd you like to be raped by a bunch of lesbians?<sup>4</sup>

Cops use this kind of race-baiting and queer-bashing pretty frequently to scare white people who haven't been to jail before. And the cops aren't particularly subtle about it. Don't let some bigot with a badge put his trash into *your* head.

TV and movies make rape-in-jail scenarios look more frequent than they really are. Most people in jail are there for drug or property crimes, not crimes of violence (much less sexual violence). If you behave reasonably, other prisoners really aren't likely to give you a hard time.

## General Interrogation Techniques

You know the police are really trying to manipulate you when they offer a legal defense or moral justification for what you're accused of doing, or imply that what happened was due to an accident or to circumstances beyond your control.<sup>5</sup> In applying this tactic, the interrogator frequently offers the suspect two choices, for example: a believable explanation or an unbelievable one; an honorable excuse or a dishonorable one. Of course, both choices are damaging admissions – it's just that one *sounds* better than the other. Imagine the following lines said by a sympathetic, understanding police officer in a warm, reassuring tone of voice:

### Legal Defense

- I understand what you're saying...he threatened you, and essentially you were acting in self-defense.
- Okay, we've got you for possession of marijuana. But what isn't clear to me is: were you just out to get stoned, or were you maybe using it for medical purposes?

### Moral Justification

- What I'm wondering is whether you needed that money so you could take care of your kids and get them decent food and clothes and all – or did you just do it because you wanted drugs or new Nikes or whatever?
- Well, that's a perfectly normal reaction. When a man finds out that his wife is sleeping with another guy, he's going to want to go out and *do* something about it.

## Accident or Circumstances Beyond Control

- Now, I wasn't there, so I don't know. Only you know what really happened. But I'm thinking that when two people get into it, when there's an argument, stuff can happen that nobody ever intended. I mean, you could've just been shoving each other around, and he could've fallen and hit his head by accident – just plain bad luck.
- Obviously there's a difference between being an active participant and being a bystander. It's one thing to be actually involved in selling the drugs, and it's another thing to just be in the house when some other guys are doing a deal there. But the way things look, you could be either one. And the only way we're going to be able to figure out what your real role was, is if you talk to us.

Another common aspect of Inbau/Reid interrogation is minimization/maximization, contrasting the worst case scenario with the best possible outcome.

- You know, there's a lot of different ways this case could be charged. Anywhere from first-degree murder – that's life without parole – all the way down to involuntary manslaughter, which is typically probation. What we're doing right now, is trying to understand what really happened, so we can make a decision which way to go....

Often the police will even say, "Look, I'm not making any promises..." and then imply that confessing to your crimes will result in a better outcome in court: lesser charges, a more favorable sentence, etc. This is a lie. The police are not authorized to offer leniency in exchange for a confession. Only the prosecutor or judge can make a plea bargain.<sup>6</sup>

All law enforcement officers are trained to question suspects. Very few civilians have any practice in spotting or withstanding the interrogation techniques police use against them. It's pretty stupid to play such lousy odds when your liberty's at stake.

<sup>1</sup> This is not the time to launch into a political discussion of how the legal system is malfunctioning and can't be trusted to protect the innocent. Don't let yourself be drawn into any kind of conversation at all. Besides, this "what're you afraid of?" business is like a 12-year-old's dare ("If you're so tough, why don't you try getting across the tracks before that train comes?" or "You don't even know the first thing about how to drive – let's see you take your Mom's car around the block.").

<sup>2</sup> This reminds one of the often-used line: "Don't worry, we can stop whenever you want to. Besides, you can't get pregnant the first time."

<sup>3</sup> Said to Mike Esmailzadeh by a New Orleans cop.

<sup>4</sup> Said to Katya Komisaruk by a U.C. Berkeley cop.

<sup>5</sup> John Reid codified these tactics, referring to them as the "Nine Steps of Interrogation." Reid and his partner Fred Inbau spent decades writing about and teaching interrogation techniques, and business is still booming at <<http://reid.com>>. In U.S. police academies, their books have been among the most popular texts on this subject. Their work is full of sample scripts, generally involving a hapless suspect named Joe. For examples of how such techniques are used to get innocent people to confess to crimes, take a look at the work of Richard Ofshe, at <<http://sociology.berkeley.edu/faculty/ofshe>>.

<sup>6</sup> There's a difference between confessing and snitching. A law enforcement officer can't offer you a deal in return for a confession, but he can make a snitch deal.

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## Bay Area Police Watch-Ella Baker Center for Human Rights

301 Mission Street

San Francisco, CA 94102

Phone: (415) 951-4844 x 2

Fax: (415) 951-4813

E-mail: [sam@ellabakercenter.org](mailto:sam@ellabakercenter.org)

Available services: BAPW is a hotline that offers documentation services and a legal referral panel for victims of police abuse.

Populations served: Any victim of police abuse in 11 counties, including San Francisco.

Languages: Spanish & English.

Experience with Sex Workers: No direct relationship, but “TransAction” provides outreach services, organizes and educates transgendered people (some Sex Workers) about police harassment and abuse in San Francisco.

Volunteer opportunities available through their sister organization, TransAction, and periodically with Police Watch Justice Campaign.

**Office of Citizen Complaints**

480 2<sup>nd</sup> Street

San Francisco, CA 94103

Phone: (415) 597-7711

Handles citizen complaints regarding police misconduct and abuse.

**San Francisco Pretrial Diversion Project**

567 7th Street

San Francisco, CA 94103

Phone: (415) 626-4995

**Police & Sheriff Departments in San Francisco**

**San Francisco Police Department - Bayview Station**

201 Williams Avenue

San Francisco, CA 94124

Phone: (415) 671-2300

**San Francisco Police Department - Central Station**

766 Vallejo Street

San Francisco, CA 94133

Phone: (415) 315-2400

**San Francisco Police Department-Crimes Against Prostitutes Unit-call victim services**

850 Bryant Street

San Francisco, CA 94103

Phone: 553-1347

**San Francisco Police Department - Ingleside Station, Balboa Park**

1 John Young Lane

San Francisco, CA 94112

Phone: (415) 404-4000

**San Francisco Police Department - Mission Station**

630 Valencia Street

San Francisco, CA 94110

Phone: (415) 558-5400

**San Francisco Police Department - Northern Station**

1125 Fillmore Street

San Francisco, CA 94115

Phone: (415) 614-3400

**San Francisco Police Department - Park Station**

Kezar Drive & Waller Street

San Francisco, CA 94117

Phone: (415) 753-7280

**San Francisco Police Department - Richmond Station**

461 6th Avenue

San Francisco, CA

Phone: (415) 666-8000

**San Francisco Police Department-Southern Station**

850 Bryant Street

San Francisco, CA 94103

Phone: (415) 553-1373

**San Francisco Police Department - Taraval Station**

2345 24th Avenue

San Francisco, CA 94116

Phone: (415) 553-1612

**San Francisco Police Department - Tenderloin Task Force**

301 Eddy Street

San Francisco, CA 94102

Phone: (415) 557-6700

**San Francisco Sheriff's Department Administrative Division**

1 Dr. Carlton B. Goodlett Place, Room 456

San Francisco, CA 94102

Phone: (415) 554-7225

## QUEER RESOURCES

### **Dignity/San Francisco**

1329 7<sup>th</sup> Avenue

San Francisco, CA 94122

Phone: (415) 681-2491

[www.dignitypacific.org/sanfrancisco](http://www.dignitypacific.org/sanfrancisco)

A local chapter of Dignity/USA, Dignity/SF is a self-governing faith based community of gay, lesbian, bi-sexual and transgendered Catholics, their families and friends.

### **Dimensions Health Services for LGBTQ Youth**

3850 17th Street

San Francisco, CA 94114

Phone: (415) 487-7589

Appointments: (415) 478-7500 and ask for Dimensions application.

E-mail: [laurie\\_lenrow@chnsf.org](mailto:laurie_lenrow@chnsf.org)

Available Services: Comprehensive primary care, psychosocial services, harm reduction, case management, psychotherapy and mental health referrals, street outreach, health education, HIV testing and counseling, transgender and intersex services, and wound care.

Populations Served: 12 -25 years only. All genders, LGBTQ and Allies, IUD's and Sex Workers.

Languages: Spanish, Portuguese & English

Experience with Sex Workers: Many of their gay male and MTF clients and some of their female clients have been or are Sex Workers. They are non-judgmental and harm reduction based and have a lot of experience with the populations that they serve.

### **GLAAD- Gay & Lesbians Alliance Against Defamation**

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

### **Gay and Lesbian Medical Association**

459 Fulton Street, Suite 107

San Francisco, CA 94102

Phone: (415) 255-4547

Fax: (415) 255-4784

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

The Gay and Lesbian Medical Association members work closely with the Department of Public Health and Human Services, medical societies, top government officials, community groups, the health care industry, and LGBT organizations to maximize the quality of health services for lesbian, gay, bisexual, and transgender people in order to foster a professional climate that addresses the specific medical needs of these communities.

### **Gay Life**

995 Market Street, Suite 200

San Francisco, CA 94103

Phone: (415) 788-LIFE, events line

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

Provide positive discussion groups for gay men.

**IGLHRC-International Gay & Lesbian Human Rights Commission**

1360 Mission Street, Suite 200

San Francisco, CA 94103

Phone: (415) 561-0633

**The Lesbian, Gay, Bi-sexual, Transgender Community Center**

1800 Market Street

San Francisco, CA 94102

Phone: (415) 865-5555

Fax: (415) 865-5501

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

**©Lyon-Martin Women's Health Services**

1748 Market Street, Suite 201

San Francisco, CA 94102

Phone: (415) 565-7667

Fax: (415) 252-7490

**LYRIC-Lavender Youth Recreation and Information Center**

123-127 Collingwood St

San Francisco, CA 94114

Phone: (415) 703-6150

Youth Talk Line: (800) 246-pride

Fax: (415) 703-6153

E: [lyric@lyric.org](mailto:lyric@lyric.org)

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

LYRIC provides a number of peer-led programs for gay, lesbian, bisexual, transgender, and questioning youth. They include a youth-talk line, discussion groups, a wellness program, job training, HIV prevention education, and varying after school groups.

**Magnet, Inc.**

4122 18th Street

San Francisco, CA 94114

Phone: (415) 581-1600

Fax: (415) 581-1610

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

Magnet, located in the middle of the Castro, is a place where gay men can cruise (online or real time), check out what's goin' on at Magnet or just hang out and talk with men about what's happening in the neighborhood and community.

**Man to Man Project-Black Coalition of AIDS**

489 Clementina Street, 3<sup>rd</sup> floor

San Francisco, CA 94103

Phone: (415) 615-9945

Contact: Francis Bloome

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

**National Center for Lesbian Rights**

870 Market Street, Suite 570  
San Francisco, CA 94102  
Phone: (415) 392-6257  
Fax: (415) 392-8442

**Pacific Center for Human Growth**

2712 Telegraph Avenue  
Berkeley, CA 94705  
Phone: (510) 548-8283

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

The Pacific Center offers a wide range of drop-in peer support groups, information and referral, sliding-scale counseling for individuals and couples, HIV services, a Youth Program, educational community outreach, a Community Resource Center, social activities and simply a safe space to be who you are.

**PFLAG- Parents, Families and Friends of Lesbians and Gays**

PO Box 640223  
San Francisco, CA 94164  
Phone: (415) 921-8850 (24-hr helpline)  
Fax: (415) 563-6658

**Sistah's Steppin'**

Oakland, CA  
[www.sisthassteppin.org](http://www.sisthassteppin.org)

**Stonewall Project**

3180 18<sup>th</sup> Street  
San Francisco, CA 94110  
Phone: 502-1999

Group and individual counseling for gay and bi-men who use amphetamines. They also host the site [www.tweaker.org](http://www.tweaker.org), which has listings of relevant resources and community events around San Francisco.

## SAFETY AND SECURITY WHILE YOU ARE WORKING

### Quick Safety Tips

- Trust your intuition.
- Decide for yourself what you want/don't want to do in advance.
- Have a "get home" plan.
- Know your coworkers/neighborhood.
- Have a support system and people to talk to if something does happen.
- Know where you can get medical care (emergency and ongoing care).
- Use your own equipment (condoms, lube, sex toys, domination gear, etc.).
- Negotiate prices and services in advance.
- Educate yourself on dating, domestic violence, hate crimes and sexual assault, and self-defense.
- Pick your own parking spots, hotels, or other work areas and become familiar with your surroundings.
- Be aware of exits and avoid letting your customer block access to those exits.
- Be aware of where your client (trick) is at all times, as much as possible.
- Always act calm and stay secure.
- Do not carry a weapon that can be taken away from and used against you.
- **Don't blame yourself if something happens! Give yourself credit for trying to take care of your health & safety!**

### Apparel/Clothing

- Shoes should come off easily or be appropriate for running in.
- Long earrings or big hoops may get pulled accidentally or intentionally. Wear small earrings, clip-ons, or none at all.
- Avoid necklaces, scarves, across-the-body shoulder bags, or anything else that can accidentally or intentionally be tightened around your throat.
- Wigs should fit so that they can't slip and cover the face.
- Wear clothing that doesn't have to be removed to fuck--this saves time, hides money and scars/track marks, and if there's a problem you won't lose your clothing when you run away.
- Clothing should be "straitjacket-proof." A half-zipped or buttoned jacket can be pulled over shoulders to trap arms.
- Wear nothing that can get caught in or on car doors, like loose bracelets, billowing dresses or long coats with dangling, attached belts.
- Make yourself noticeable/attractive to customers, and ensure that you can see them as well--if you need glasses or contact lenses, wear them.

### Negotiation With Customers Before Going To Work

- Have a price list and stick to it - decide in advance what you are and are not willing to do.
- Have a time limit for each service - if a customer can't come within a reasonable period he's costing you money by preventing you from seeing other customers. His failure to get off may also make him agitated or violent.
- Have an ample supply of condoms, lube, napkins, alcohol, and Band-Aids.

- Be willing to turn down particular customers, particular requests, and offers of payment below your standards.
- Use some mentholated salve (for chapped lips, colds) inside your nostril - you'll smell the customer less when you give head and you'll be less stiff if you're in withdrawals.

### If You Have To Work Out Of Cars

- Approach the driver's window keeping enough distance to avoid being grabbed, assaulted with spit or spray paint, or pleasing "window shoppers."
- Study the customer, the car and the door lock system.
- Arrange price, service and location outside the car.
- Circle car completely before entering to ensure the number of passengers and to take the license plate number or pretend to.
- Wave good-bye to work partner (or pretend to) and shout expected return time.
- Once you are in the car, ensure that you can re-open the car door.
- Get a good look at the customer and the car; it's still not too late to back out - if he's drunker than you thought, you see a weapon under his seat, or you get a creepy feeling, get out immediately.
- Let him see you stash his payment, and keep it separate from the rest of your money - if he tries to rob you maybe he won't find your whole bankroll.
- Put your purse where you can find it without looking (in an open space on the floor between your feet).
- Act in control and keep your eyes on him, and his hands, at all times.
- Don't let him get between you and the exit.
- Keep door open a crack if he lets you.

### Bad Dates

A bad date is an abusive and / or dangerous customer. This person can be a regular customer, or a new one. If a bad date occurs, your options are:

- Fight Back--try using your voice and speed instead of your strength. Make a lot of noise. Scream! If you are in a car, turn on the car lights, hit the horn, and try to get the door open, attack and run.
- Attack soft areas, such as throat, eyes, adams apple, nose, testicles; kick shins, stamp on instep; poke with fingers, nails, keys, spray hairspray in his face. Don't bother trying to pull his hands off your throat. Break a strangle hold by joining hands, and swinging your arms up against him while simultaneously moving your body down and away.
- Run against traffic, and toward lights and people.
- Share the incident with your co-workers.
- Seek immediate assistance (police, hospital, support group).
- Call COYOTE Bad Tricks List at (415) **751- 1659** and they will circulate the description to other Sex Workers.

If someone is working legally and gets hurt on the clock, it is okay to call a beat cop or **911** directly. It is important to do it ASAP because the assailant can clean up evidence or they can leave the area. If someone got hurt or raped while engaged in sex work and wanted to make a report, call 911 or SFPD Crimes Against Prostitutes division. First call anonymously and ask for options. If the

survivor decides to make a police report, they cannot lie about anything. This will discredit the case. Ask to speak to a detective. Provide accurate information and make sure to get a case number so that you can check on the status of your case.

*(Excerpts from: L. Synn Stern, Tricks of the Trade: Reducing Risks for Sex Workers; Multnomah County Health Department, Occupational Safety in Adult Entertainment for a Healthy Community; Home Alive, Sex Worker Resource Guide)*

©**Girl Army**

1051 5th Street  
Oakland, CA 94606  
Phone: (510) 835-4728  
[www.girlarmy.org](http://www.girlarmy.org)

Provides sliding scale self defense training for women and transgenders of all cultural backgrounds.

©**Impact Bay Area (formerly Bay Area Model Mugging -BAMM)**

146 East 12th Street  
Oakland, CA 94606  
Phone: (510) 208-0474  
Fax: (510) 208-0475  
[www.impactbayarea.org](http://www.impactbayarea.org)

Impact Bay Area is a nonprofit organization preventing violence and promoting healing by teaching, Impact, a unique form of self-defense for mind, body and voice.

**Progressive Martial Arts**

1138 Howard  
San Francisco, CA 94103  
Phone 415 863-4402  
[www.FightOppression.com](http://www.FightOppression.com)

Director Anne Lundbom offers full and partial scholarships to low-income families and individuals. Free martial arts classes to anyone under the age of 20! Self defense classes. Sensitivity issues for Sex Workers and transgendered folks.

©**Women Defending Ourselves**

P.O. Box 19006  
Stanford, CA 94309  
Phone: 289-7944

A non-profit agency that offers self defense classes to women and girls throughout the Bay Area.

## SEX WORKER BURNOUT/TRANSITIONING OUT OF SEX WORK

### How To Cure Sex Worker Burn Out (S.W.B.O.)

- Admit that you are burnt out. Our egos, as well as incomes, are invested in feeling good about our work. Often we are scared to acknowledge burn out, especially to ourselves. Learn to recognize it, and see it as an opportunity to make positive changes in your life.
- Take breaks and vacations from your work as a matter of course. You may never even get crispy.
- Spend time in nature. Most sex businesses are housed in dark, windowless, closed environments, in busy neighborhoods in high stress cities. Being in nature is a perfect balance. I have found being out on a boat to be my favorite medicine, but a city park will do. Get some sun, fresh air, hang out with trees, smell the flowers, and roll around in the grass.
- Spend some time alone, go inside yourself, stay quiet, do something very relaxing or meditative, even if it's just for a few minutes. Languorous, candle lit, aromatic bubble baths do wonders. Add mineral salts and herbal extracts to your bath to help release toxins and relieve stress. Close your eyes, relax your mind, take some long, deep breaths and draw in life force energy to gain psychic strength. You'll need it.
- Be in touch with your feelings and express them. Repressed emotions alone can create major burn out. I remember a few times when I had bouts of SWBO, bursting into tears with clients while they were fucking me, and raging at a few clients, or my bosses, when didn't really deserve it. Not good for business! When you are alone, have little cries whenever possible (crygasms). Beat or scream into a pillow (angergasms). You will attract a better clientele, and ultimately make more money, if you are emotionally strong and clear.
- Be aware of what colors you wear and live in during off hours. Because most of us make the most money wearing a particular color (generally red, black or white) on your off hours try to wear other colors. Also, if you work in an environment that's a particular color, try to have other colors at home. "Almost everywhere I worked was red, gold and black, so I made my bedroom royal blue and emerald green with hot pink accents, and it had a great equalizing effect."
- Get therapy. Time and again I've seen friends and colleagues with S.W.B.O. feel a lot better relatively quickly with one therapy session a week. Be sure you find a therapist who is sex positive and non-judgmental, or best of all, one who has been around the block herself. I strongly suggest a woman. If you're really financially strapped, call women's centers for free therapy. Lots of SWBO comes from repeating unconscious negative patterns created from childhood experiences, learned beliefs about cultural norms, etc. Therapy puts you in the driver's seat, as opposed to doing things unconsciously. You can be sure that sex work will bring up lots of personal issues about money, sex, men, sexual orientation, etc. What's unresolved is what you'll continue to attract. Sex work can be a great teacher and healer, especially when coupled with therapy.

- Have a good social net of peers with whom you can have sympathetic, loving, supportive communication. There is absolutely no better cure than this. Sharing your stories and feelings with people who've had similar experiences is absolutely magical. For eight years I was part of a support group consisting of five porn stars, which we called Club 90. For one full evening every three weeks, each of us took a turn to share about our lives. It was a tremendous help and source of strength for all of us, especially when any of us had S.W.B.O.
- Take good care of your body. Because our jobs involve our bodies, it's important to eat well, exercise, and get bodywork. A good massage can do wonders for a worn out Sex Worker. Again, it's best to have a session from a person of the same sex when possible. I know this is expensive, but if you can afford it at all, you're worth it. Less costly options are gardening, jogging, a yoga class, swimming, or simply a long walk.
- If at all possible, don't have any sex for a while. Get your mind (and body) off work. Indulge in your other interests and hobbies. Take a class or two. Go to a funny movie. Get a pet (I prefer pussy's). Do something you've never done before. Go to a museum or carnival. Hang out with little kids or old folks. The possibilities are endless.
- Be willing to make less money. Decide what kinds of people you want to work with, and be willing to let those that don't fit the bill go by. Develop your own style. Don't let the client determine the service, but let them know what you offer. Practice saying NO. Clean out your little black book. Challenge yourself by periodically upgrading or expanding your business. You may in the short run seem to make less money, but taking care of your personal needs will give you longevity in the business and you'll surely come out ahead.
- Create other sources of income. Look into other business or career opportunities, go to college or trade school, make an investment, start a sideline so that you won't feel financially trapped. Or when you need a break from sex work, you'll have an alternate job.
- If your SWBO is chronic, get the hell out of the business. Perhaps you're simply not cut out for it, it's not fulfilling your needs, or it's time for a change. Sometimes getting out of sex work can be difficult. You may need to leave gradually, until you get your alternative sources of income in place. Or it might be best to go 'cold turkey' and make radical changes all at once. If there's a will, there's always a way. Good luck!

*(Dr. Annie Sprinkle, St. James Infirmary Board member)*

### Transitioning Out of Sex Work

- Think about the future, but enjoy the present. Sex work can provide an opportunity to save money for education, a new business venture, or travel.
- Find out what is the least amount of money that you need to have each month for your regular expenses (i.e. rent, food, utilities, etc.).
- Research what sort of career or job you would like after you leave your present work and aim towards that.
- Find out what type of experience or training is necessary to obtain your ideal job(s), and start to make contacts in those particular fields.

- Take 10% of your gross income (before taxes) and save it. When slow times come or you need money, you will always have some.
- There are sympathetic and competent professionals who can help you with your financial and other goals, such as career planning or skill building (school, employment training, etc.). Seek them out and think about what works best for you.
- Rely on social support networks (your friends, family, co-workers, etc.) to help you stay on track with your outlined goals.
- Never be afraid to give to others in need. It will bring joy and abundance into your own life.
- Give yourself credit for all of your efforts (big and small), and stay positive!

## SOCIAL SUPPORT

### **Central City Hospitality House**

290 Turk Street  
San Francisco, CA 94102  
Phone: (415) 749-2132  
Fax: (415) 749-2136

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

A community-based organization serving homeless and low-income people in the Tenderloin. Provides free art materials, instruction, studio space, and opportunities for exhibition through a Community Arts Program. Operates a drop-in center for adults, the Tenderloin Self-Help Center, open M-F, 7am to 7pm. It also offers job-readiness workshops and job placement assistance for adults.

### **Creativity Explored of San Francisco**

3245 16th Street  
San Francisco, CA 94103  
Phone: (415) 863-2108

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

Creativity Explored is a non-profit visual arts center for people with developmental disabilities.

### **Glide-Creative Arts Program**

330 Ellis St, Suite 418  
San Francisco, CA 94102  
Phone: (415) 674-6204

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

### **Independent Living Resource Center**

649 Mission Street, 3rd Floor  
San Francisco, CA 94105  
Phone: (415) 543-6222  
TTY: (415) 543-6318  
Fax: (415) 543-6318

E-mail: [info@ilrcsf.org](mailto:info@ilrcsf.org)

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

ILRCSF provides needed services as identified by the consumer to travel the road to independence, and to meet the many challenges of having a disability. ILRCSF acts as an advocate for individuals who experience disability related barriers or discrimination, and also serves in an advocacy role to promote needed systems and community change so people with disabilities have full access to services, physical structures, and activities.

### **KAIROS Counseling Program of Shanti**

730 Polk St, 3<sup>rd</sup> Floor  
San Francisco, CA 94109  
Phone: (415) 674-4700  
Fax: (415) 674-0371

Individual counseling and weekly support groups to caregivers and/or family members of people living with life threatening diseases.

Languages: Spanish & English

**©MNRC-Mission Neighborhood Resource Center**

165 Capp Street

San Francisco, CA 94110

Phone: (415) 869-7977

Drop-in respite from the street to homeless individuals, offering snacks, showers and lockers.

**Saint Luke's Women's Center**

1580 Valencia Street

San Francisco, CA 94110

Phone: (415) 285-0448

**Self-Help for the Elderly**

407 Sansome St., Suite 300

San Francisco, CA 94111

Phone: (415) 982-9171

Fax: (415) 296-0313

A multi-service agency that provides a broad range of bilingual/bicultural, social, recreational and educational services, including 15 senior centers, to seniors and individuals with disabilities.

Languages: Chinese & English.

**Visual Aid**

731 Market St, Suite 600

San Francisco, CA 94103

Phone: (415) 777-8242

Fax: (415) 777-8240

Provides programs for professional visual artists with life-threatening illnesses that encourage them to continue their work.

**Women's Building**

3543 18th Street

San Francisco, CA 94110

Phone: (415) 431-1181

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

The Women's Building has a community resource room, which provides critical access to resources for employment, housing, health care, domestic violence, childcare and parenting, sexual harassment, and legal services. There is also a drop-in childcare center.

Languages: Spanish & English

## SUBSTANCE USE & TREATMENT SERVICES

### Quick Safety & Prevention Tips

- Try not to let customers know that you are actively using or they may be tempted to play money and power games.
- Insist on getting paid cash, not drugs. You'll look more professional and in control.
- Prevent track marks by rotating injection sites, using new, sharp, small gauge needles.
- Prevent transmission of HIV and/or Hepatitis C by using bleach and accessing needle exchange and never sharing needles.
- Don't get so pinned you can't see at night (use less Demerol, cocaine, speed). It's hard to work safe when you're very high on cocaine or other drugs.
- Keep mouth moist by chewing gum or sucking sweets.
- Drink a lot of water to prevent constipation, dry mouth and dry itchy skin.
- Urinate frequently, even if you think you don't have to.
- If you can't get your shit out, get off the toilet. Straining causes hemorrhoids.
- Don't let customers know that you're in withdrawal.
- Prevent sniffing with antihistamines and mentholated salve in nostrils.

*(Tricks of the Trade: Reducing the Risks for Sex Workers)*

### Harm Reduction Principles

- Accepts, for better and for worse, that licit and illicit drug use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them.
- Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe abuse to total abstinence, and acknowledges that some ways of using drugs are clearly safer than others.
- Establishes quality of individual and community life and well being - not necessarily cessation of all drug use - as the criteria for successful interventions and policies.
- Calls for non-judgmental, non-coercive provision of services and resources to people who use drugs and the communities in which they live in - in order to assist them in reducing harm.
- Ensures that drug users and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them.
- Affirms drug users themselves as the primary agents of reducing the harms of their drug use, and seeks to empower users to share information and support each other in strategies which meet their actual conditions of use.
- Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination and other social inequalities affect both people's vulnerability to and capacity for effectively dealing with drug-related harm.
- Does not attempt to minimize or ignore the real and tragic harm and danger associated with licit and illicit drug use.

### C is for Cocaine

Cocaine is a stimulant. This means that it gets you up and keeps you going. Unlike speed it is a natural stimulant extracted from the leaf of the coca bush. You can't get pure cocaine on the street here; it is often cut with lactose (which makes you go to the bathroom), Procaine (an anesthetic) and sometimes heroin or other drugs. Cocaine can be snorted, sniffed, injected or smoked. How you use it will determine how quickly you get high. Smoking is the quickest, then injection, and snorting takes as long as 3 minutes. Cocaine is a short-lived, intense high.

### **Effects, Tolerance and Addiction:**

Cocaine moves quickly through the bloodstream to the central nervous system where it effects the reward/pleasure centers of your brain. Cocaine can initially increase the parts of your brain the effect thought organization, concentration, fine motor control, sex drive and energy. Eventually though your brain loses the ability to produce dopamine and other pleasure chemicals. This can cause feelings of depression or 'the Crash.'

The damage is not permanent and will start working again eventually, though it may take a while. Your body responds to cocaine use in other ways too with increased heart rate and blood pressure and breathing. It can increase alertness and stamina, reduce fatigue and a desire for food or sleep.

Regular heavy use can result in anxiety, depression, nausea, agitation, insomnia, weight loss, loss of sex drive, and compulsive behavior. Some users become psychologically dependent on the effects of the drug and form a habit. Cocaine can also have harmful effects on the heart and it is very dangerous during pregnancy. For people with mental health conditions cocaine may cause the conditions to be worse.

### **Risks and Preventing Them:**

Injecting with anything other than sterile or completely personal equipment increases your risks of HIV and other infections. Injecting repeatedly in the same place can lead to infections and abscesses and can also cause vein, nerve, and cartilage damage.

- Use a sharp sterile syringe each time you inject.
- Do not share paraphernalia (works).
- Use alcohol pads on injection sites.
- Take your time and make sure you have a vein before you inject.
- Apply Arnica cream to bruised veins and tissue.

### **Skin Popping:**

Skin popping and muscling increases the risk of abscesses. If you skin pop apply hot water with a washcloth to the area to prevent an infection.

### **Smoking:**

Smoking can result in serious lung and throat damage, abnormal heart rhythms and high blood pressure. Sharing pipes can transmit herpes and TB. Cover the mouthpiece of the pipe with tape or rubber to avoid cuts and heat burns.

### **Snorting:**

Snorting causes nasal damage by destroying the mucus membrane of the septum (the tissue between your two nostrils). Long-term use can eat a hole through your septum.

**Crashing:**

Symptoms include physical exhaustion, cold-like symptoms, and depression or anxiety.

- Acupuncture- especially the 5-point detox modality- can help stabilize damaged neurotransmitter production sites.
- Valium, Valerian or Skullcap tincture can soothe a crash.
- Eat, sleep, and drink plenty of water and juice even if you are not hungry, especially if you have been on a binge.

### C is also for CRACK

“Crack” or “rock” is a form of cocaine. By engaging in unsafe drug practices and/or unsafe sex, people who use various types of pipes (glass, metal) can put themselves at risk for sexually transmitted infections (STI’s) such as HIV/AIDS, syphilis, or gonorrhea as well as other diseases like tuberculosis (TB).

One of the best ways to avoid danger, it not got let your lips get cut. Cuts caused by sharp or hot pipes can expose “pipers” and others to infectious diseases, especially when you have oral sex without a condom, dental dam or a latex barrier. If there is blood or saliva on your pipe or stem, thoroughly wipe it off, immediately! Use a pipe or stem with a taped or rubber covered mouthpiece.

Here are some tips for safer using:

- Use a glass or metal stem with a rubber mouthpiece. Don’t get cut lips.
- Don’t share your stem or pipe. If you do, wipe the mouth piece before using it.
- Use a clean choy or copper wire, pipe screens are best.
- If using a plastic bottle for a pipe, remember to change the foil. Keep clean ashes. Wipe mouth holes before using.
- Try not to binge! Take time between hits
- Drink water as often as possible and try to eat something regularly.
- Get rest.
- Let pipe or stem cool down before taking next hit to prevent burning of cutting your lips.
- Have safer sex. Always use latex, especially when on a binge.
- Don’t give or receive shotguns.
- Don’t smoke with cracked lips.

A few other suggestions:

- If your pipe or stem is unsafe (broken mouth piece or hardened choy) wrap a matchbook cover or rubber band to secure it. You can also make a pipe from a plastic bottle or a can using cigarette ashes as a filter. Beware, cans and tin foil can get very hot.
- If it tastes wrong, don’t smoke it! Everything that looks like crack, isn’t!
- If you smoke indoors, make sure it is ventilated. Poorly aired rooms can be risky for tuberculosis (TB). Cover your mouth when coughing.
- If you have problems breathing or are coughing up dark stuff, slow down or stop smoking for awhile. See a doctor if this continues.
- If you think you have a sexually transmitted infection (STI), get tested.

## H is for Heroin

Heroin ("junk," "smack," "dope," "brown," "chiva," "H," "manteca") is a drug made from the opium poppy, and belongs to a class of drugs called "opiates." Some opiates are natural (morphine, opium, and codeine) and some are synthetic, or manufactured in a lab without using the poppy (Demerol, methadone, fentanyl). Heroin is "semi-synthetic;" it is produced from morphine through a chemical process that makes it about three times stronger than morphine and gives the user a "rush" when injected because it easily gets to the brain. Heroin breaks down into morphine inside the human body. Heroin bought on the street often contains "cuts" that can be harmful to the user. Heroin can come in the form of a white powder ("China white"), a brown, sometimes grainy substance ("brown"), or a sticky, dark brown gum ("black tar").

### **Effects, Tolerance:**

If you use heroin on a regular basis, you will develop tolerance to it, meaning that you need to use more to get the same high. One way to avoid building up tolerance is to use only once or twice a week or by "taking time off." A person is physically dependent on heroin (has a "habit") when they must have regular doses in order to feel normal. Dependent users experience withdrawal ("jones" or "are sick") if they stop using heroin. Although you might feel like you're going to die, withdrawal will not kill you and is not harmful to a generally healthy person; it can be quite harmful, however, to people with advanced HIV-disease or other serious health conditions. Withdrawal symptoms can include diarrhea, nausea, stomach cramps, body aches, sweating, clammy skin, hot and cold flashes, a runny nose, inability to sleep, irritability, depression, restlessness, and a profound lack of energy. Withdrawal starts about 8 hours after last use and is usually most severe on the second and third days after last use.

### **Injection: ("shooting up")**

- Presents more health risks for the user than any other method (inhaled through the nose, smoked).
- If needles, syringes, cottons, cookers, spoons, or water are shared, viruses and infections like hepatitis-B, hepatitis-C, syphilis, and HIV can be passed from one user to another through blood left in the works.
- Bacterial infections, blood poisoning, and endocarditis (an infection of the heart lining) can result if bacteria are injected along with the shot.
- Abscesses, cellulites (skin infection), and other injection-related injuries can result from the cuts in street heroin, especially for skin and muscle-poppers; and after repeated use, a mainliner's veins can collapse and become unusable.
- Hitting a nerve while injecting can result in paralysis, and hitting an artery can lead to a large loss of blood or the loss of a limb.
- Use alcohol pads before injecting, always use sterile works, and rotate injection sites.

### **To avoid overdose:**

- Do a tester shot - or a small amount - every time you get a new supply of drugs so that you can find out how potent they are. If you haven't used for a while, you no longer have the same tolerance to heroin, so a dose that would have been fine in the past may now kill you.
- Don't mix heroin and other drugs that depress the body such as alcohol, or barbiturates (Seconal, Tuinal), and benzodiazepines (Valium, Ativan).
- Mixing a shot of heroin with cocaine ("speedball") or amphetamine is also more dangerous than using either by itself.

- Always use with a responsible and caring friend so that if something happens, your friend can hopefully see you through it.
- A person who has overdosed on heroin will usually stop breathing, have no pulse, may vomit and turn bluish, and have cold skin. If this happens, **call 911 immediately!**
- Try to keep the person propped up, moving around, and breathing. If this isn't possible, at least keep their airways clear, lean their body forward so the lungs don't fill with fluid, and apply CPR (only if properly trained).
- **Don't leave the person alone.**

**Treatment:**

Many people stop using heroin on their own, although some may seek drug treatment. You can detox all at once (go "cold turkey") by simply stopping your use of all opiates, or detox more slowly by cutting down your dose or using methadone, clonidine, or Darvon to help you through (these drugs must be prescribed by a doctor or clinic). Drinking lots of liquids (especially juices) to prevent dehydration and electrolyte depletion from the sweating and diarrhea is very important, and getting acupuncture may help.

## S is for Speed

Speed (Methamphetamine, amphetamine, Crank, Crystal, Tweek, Meth).

Speed has the ability to make you feel good. You can have intense feelings of pleasure and well-being and be able to function at top speed, getting lots of work or studying done or dancing all night. Of course, with the up, comes the down. Like other drugs, the more you use speed, the more your body needs. This is called tolerance. Tolerance occurs more rapidly when speed is injected or smoked. Speed tells your body that you don't need food or sleep, so you are extremely tired and depleted when you take a break. Depression, nightmares, and insomnia are also side effects of using speed. Then there is the crash. To avoid crashing, people often take more speed, which intensifies the negative effects of the crash when it does come, and the crash always comes.

### **Physical effects:**

- Increase in breathing or heart rate
- Rise in blood pressure
- Dehydration
- Loss of appetite
- Enlarged pupils
- Decreased circulation in arms, legs, hands and feet
- Constipation or diarrhea
- Dryness of mouth
- Sweating
- Headaches
- Teeth grinding and jaw clenching
- Acute mood swings
- Malnutrition
- Amphetamine psychosis--excessive mood swings, agitation, irritability, and confusion. It can occur in low doses, but with regular use in high doses it can become serious. The condition goes away when you stop using and the speed has left your body usually in a few days. Although with heavy use, it has been known to last up to a year.

### **Risks and Preventing Them:**

Speed tends to make you believe that your body doesn't need sleep or food. But this is not the case. Your body has the same needs when you are high as when you are not, you still need to eat sleep and drink.

- To avoid extreme exhaustion take a break from using. Allow your body to recover. The best break is one that allows your regular sleep pattern to return, enables you to lose the fatigue and depression and go back to eating regularly. This will also reduce your tolerance and not force you to do so much just to get high.
- To avoid malnutrition and dehydration; eat well and drink lots of water and healthy juices. Stay away from alcohol because it dehydrates you and can make a crash much worse.
- Speed is cut with many different chemicals and often it is those chemicals that are most harmful. Sample the speed first, particularly if you plan to inject it.

### **Smoking:**

Smoking can lead to throat and lung damage, stroke, abnormal heart rhythms, and extremely high blood pressure. It can result in cut lips and which in turn can increase your susceptibility to

infectious diseases like HIV and hepatitis. Sharing pipes and stems can transmit herpes and TB as well. If you smoke speed cover the mouthpiece of the stem with tape or rubber to avoid cuts and burns.

### **Injection:**

Injecting has specific risks. Speed injectors tend to inject frequently because the high is intense but short lived. Injecting in the same spot increases the risk of abscesses and collapsed veins. Skin-popping or muscling speed increases your risk for abscesses because the cut in the drug is not absorbed into the bloodstream (unlike opiates) and can sit under your skin for long periods of time. This may also happen if you miss a shot. To lower speed injection risks:

- Use sharp, sterile syringes each time you inject.
- Do not share paraphernalia to avoid transmitting HIV, Hep, TB, and other diseases.
- Use alcohol pads on the injection site before fixing.
- Rotate injection sites.
- Take your time and make sure you are in the vein before you inject.
- If you skin pop, then immediately apply hot water with a washcloth to prevent an abscess and infection.

### **Crashing:**

The more you use speed the harder the comedown. While it is different for everyone the following symptoms are common: fatigue, vivid and unpleasant dreams, insomnia, increased appetite, paranoia, involuntary muscular activity, decreased concentration, and attention span and severe depression.

- Acupuncture-especially 5-point detox modality- can help balance and restabilize damaged dopamine production sites.
- Using a small amount of Valium can take the edge off of crashing. Skullcap and Valerian root tinctures or pills are a healthier alternative.

### **Overdose:**

- A speed overdose is the result of the heart speeding up too fast and causing a heart attack or stroke. Don't mix speed and opiates (speed balling)—it's telling your body to speed up and slow down at the same time.
- A person who is overdosing may turn blue in the face, and they may also look very pale, be very limp, can breathe and look at you, but not talk. Breathing and pulse (heart rate) may be slow and shallow and may stop altogether. They may foam at the mouth, vomit, shake, or have a seizure, complain of chest pain, pressure, tightness or shortness of breath, or suddenly collapse.
- Overdoses are serious but do not have to be fatal. Your actions matter. If you see someone suffering from symptoms **call 911!**
- **Don't leave the person alone!**

### Safer Injection Lit - Rotate Your Spot

Take care of your veins. Rotate your spot! You can keep your veins in good shape if you let a spot heal before you hit on it again. If you don't let your veins heal, you may get:

- Collapsed veins (you lose the vein totally).
- Infections.

- Leaky veins, wasted shots.
- Abscesses from leaks and missed shots.
- Sticking a needle through a hole that isn't healed can push a blood clot into your bloodstream. This clot could get stuck somewhere else in your body, including your brain. This is really dangerous.

**Some important tips:**

- Its best to alternate veins. A vein takes at least a couple days to heal. More time is better.
- If you use the same vein, shoot **DOWNSTREAM** from your last shot (that means closer to your heart. Look at the picture). Shooting downstream from your last hit means you won't be pushing any blood clots into your bloodstream.
- If you hit yourself, practice injecting with your other hand, in your other arm. It may be awkward, but it gives you more options.
- If you can, tie off (use a tourniquet). This makes finding a vein a lot easier. But once the needle is in the vein, take the tie off before you hit. Leaving the tie while you hit on puts too much pressure on the vein, and you could lose the vein.
- Do your best when your in a hurry, but if you're **NOT** in a hurry, why rush the shot?
- Save the "easy" spots for when you **KNOW** you don't have time. The veins in your hand look tempting, but if you're not in a hurry, then save them for when you need them. They are delicate and you can lose them fast.
- If you are panicking about your shot, that is when you could blow your vein! Steady! Take a deep breath. Try to remember what calm feels like.
- Try to find a place to get off where there's lots of light. Plan ahead.
- Use a new needle every time you possibly can! A sharp point saves lots of wear and tear on veins.

*(Harm Reduction Coalition, [www.harmreduction.org](http://www.harmreduction.org))*

### Anti-depressants

Anti-depressants are not magic pills; they don't fix your life automatically, they don't get you high, and you may have a lot of side effects along with the benefits, especially at first.

Depression, both "minor" and clinically "major," is a big reality for a lot of people, and drug use is some people's way of dealing with it. But doing drugs (like heroin, speed, alcohol, coke, or ecstasy) are probably just going to make your depression worse—especially in the long run. There are other "disorders" that anti-depressants also get prescribed for, like obsessive-compulsive disorder, eating disorders, social anxiety disorder, insomnia, panic disorder, post-traumatic stress disorder, bi-polar disorder (manic depression).

A lot of people get anti-depressants prescribed to them when they enter some kind of recovery program. They might help you with the detoxing process, but they might just cause additional side effects you don't need at the moment.

Generally, you may be advised to stay on it for at least six months. You always have a choice, though. If you decide to stop taking your anti-depressant(s), it's better to take a half-dose for a week or two instead of going cold-turkey all of a sudden (this varies from medication to medication—check with your physician).

### **Types of Anti-Depressants:**

#### SELECTIVE SEROTONIN REUPTAKE INHIBITORS or SSRI's

Prozac (fluoxetine)

Paxil (paroxetine)

ZoIoft (sertraline)

Celexa (citalopram hydrobromide)

Luvox (fluvoxamine)

#### TRICYCLICS

Adapin (doxepin)

Anafranil (clomipramine)

Asendin (amoxapine)

Elavil (amitriptyline)

Endep (amitriptyline)

Norpramin (desipramine)

Pamelor (nortriptyline)

Pertofrane (deSiPramine)

Sinequan (doxepin)

Surmontil (trimipramine)

Tofranil (impramine)

Vivactil (protriptyline)

#### TETRACYCLICS

Remeron (mirtazapine)

Ludiomil (maprotiline)

#### MONOAMINE OXIDASE INHIBITORS (MAO's or MAOI's)

Parnate (tranylcypromine)  
Nardil (phenelzine)

#### NONE OF THE ABOVE ANTI-DEPRESSANTS

Wellbutrin (bupropion) -aminoketone class  
Serzone (nefazodone) -phenylpiperazine class  
BuSpar (buspirone) -anti-anxiety med  
Effexor (venlafaxine) -serotonin/ norepinephrine  
Trialodine/ Desyrel (trazodone) –triazolopyridine class

#### **Interactions With Street Drugs:**

**MAOI's** (monoamine oxidase inhibitors) cause bad drug interactions, and interact with almost everything. Any psychiatrist who has a clue about your drug use won't prescribe them to you anyway, but it never hurts to check to make sure you're not getting one of these uncompromising chemicals. They take forever to leave your body, too, so if you've been on them, wait at least 2 weeks before you start on a different anti-depressant med, or delve into your stash.

**Tricyclic** anti-depressants also come with a laundry list of don'ts and mustn'ts. Tricyclics are a risky, mix with speed or other amphetamines (and remember that X is amphetamine-like). Tricyclics also increase your risk of overdosing on heroin. They're known to cause bad acid trips, and it's generally pretty complicated to be using while on tricyclics, so it's probably better to stay away from them. Tetracyclics have similar drug-interaction risks.

**Paxil, Prozac, Zoloft, Luvox, and Celexa** are all **SSRI's**, which means they help regulate the serotonin (a chemical that enhances your feeling of well-being) available in your body. Ecstasy also works on the serotonin in your body, but much in a more intensive way; instead of gradually boosting your overall serotonin level (as SSRI's do), X floods your body with all its available serotonin at once, leaving you with none for the next day or two (which accounts for post-X depression). This is why you should avoid taking ecstasy while on an SSRI. Either the X won't get you off at all, or it will override the serotonin control you had going with your anti-depressant med, flicking up your response to that med for at least a week or two.

**SSRI's** are notorious, for example, for interfering with your sex life. They tend to make it difficult to orgasm, and they usually take your sex-drive down a few notches. Although these difficulties can resolve almost completely after you're on the med for a while (3-6 months), you might not want to wait that long. Since dope, speed, coke, etc. all tend to mess with your sex-drive and/ or orgasmic ability in ways that you're probably already familiar with, it may be complicated trying to figure out what's causing what. But it's important to be aware of all the things you're taking and how they're affecting your impulses.

A lot of anti-depressant meds say on the insert not to drink alcohol while you're taking them. The truth is, you'll probably be able to handle some alcohol (see the Exceptions, below), but your alcohol tolerance will probably be lowered. This is especially true during your initial period on the meds—what you used to drink comfortably might cause you to puke or black out all of the sudden. Caution is the best tactic, so lower your dose.

#### **EXCEPTIONS:**

- For a lot of people, **Zoloft** is a particularly bad mix with alcohol. We're talking blackouts and other embarrassing stuff. **Remeron** also makes you prone to bad alcohol reactions. If you're a drinker, get on some med besides Zoloft or Remeron—your alcohol tolerance will still be reduced, but the interactions probably won't be as drastic. Antabuse will also trigger the same bad interactions as alcohol with these anti-depressants.
- **Prozac** isn't that different from the others, but it stays in your system longer, and that can make other drugs build up in your body. So keep in touch with your body's signals, and don't overdo it, especially if it's heroin that you're doing (Prozac can affect your breathing, and that could lead to a heroin overdose).
- Some **benzodiazepines** (sleeping pills) can be stronger with anti-depressants. Be careful with **Xanax**, especially if you're on **Prozac**, **Serzone**, or **Remeron**. Remember: heroin and benzodiazepines (downers) are a bad mix. They're an even worse mix if you're on anti-depressants.
- **Effexor** might interact badly with speed or other amphetamines. **Wellbutrin** can occasionally cause seizures. Because of this, you should pace yourself if you're doing speed or coke. If possible, make sure someone else is around who can help if you start having a seizure.
- **Luvox**, though, can cause either a big increase in your methadone, or can make you go into withdrawal, so make sure you'll have some flexibility with your methadone dosage before you start up with Luvox.

#### **Anti-depressants in combination with other treatment:**

Whether you explore therapy, acupuncture, a new living situation, eating a little healthier, taking more walks or getting other exercise, allowing yourself to rest, getting (or trading) massage, taking hot baths, or whatever is available to you so you can make a healthy change in your life, try to see that as part of your active role in healing your depression. It takes time, but if you can do something that's healthy for yourself every day, no matter how small, you can check in with yourself in a couple of weeks or a month, and maybe find you're in a better space. Is it the meds? Or is it the stuff you're doing to treat yourself right?

*(“Drug Interactions...Between Prescription Drugs and Street Drugs,” Needle Exchange Emergency Distribution, Berkeley, CA)*

## Other Random Medications

These are a few medications that you see warnings for over and over again when you read the labels: "Don't take this if you're taking \_\_\_\_\_." They're ones to be especially careful with if you're using any kind of drug -even cold medicine, for some of them!

Warfarin (Coumadin)\*  
Phenytoin (Dilantin)  
Carbamazepine (Tegretol)  
Cimetidine (Tagamet)  
Cisapride  
Tryptophan

**\*Coumadin** is an anticoagulant—it stops your blood from clotting. Sometimes people who shoot drugs get blood clots in their veins where they inject. If this happens in the big legs in your veins, you could be in serious danger, because the clot can travel to your heart or lungs, and kill you. It's pretty risky to mix Coumadin with anything—be it speed, dope, whatever. You might have to detox for this one.

Cigarette smoking has been identified as the leading preventable cause of death in the United States, responsible for more than 430,000 deaths annually. Each year, approximately 20 million of the 50 million smokers in the United States try to quit smoking, but only 6 percent of those who try succeed in quitting in the long term.

The St. James Infirmary-UCSF Smoking Cessation Program combines smoking cessation treatment with cognitive-behavioral approaches to the prevention of depression. Specifically, the program takes a three-part approach and spans over six weeks, involving eight one-hour, clinic-based sessions. The first two parts of the protocol address the physiological addiction to nicotine through proven smoking cessation aids: 1) the nicotine patch, which alleviates symptoms of nicotine withdrawal, and 2) bupropion, a prescription medication that can be used to treat depression and that has also been found to be effective in smoking cessation. The third part of the protocol addresses the psychological addiction to smoking by introducing mood management techniques during the sessions. The 2000 Surgeon General's Report concluded that pharmacologic treatment of nicotine addiction, combined with behavioral support, may enable 20 to 25 percent of users to remain abstinent at one year post-treatment.

**A Man's Place**

399 Fremont St.

San Francisco, CA 94105

Phone: (415) 908-0100

Both a 28-bed transitional housing facility and a 100-bed shelter for men with special needs due to mental disabilities, substance use and HIV-related issues.

**A Woman's Place**

1049 Howard St.

San Francisco, CA 94103

Phone: (415) 487-2140

Fax: (415) 487-2142

The only 24-hour supportive housing facility and shelter in San Francisco for women with special needs due to mental disabilities, substance use and HIV-related issues.

**Acceptance Place**

673 San Jose Ave

San Francisco, CA 94110

Phone: (415) 695-1708

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

A 90-day residential treatment/recovery program for gay and bisexual men with substance use issues.

**Adult Children of Alcoholics**

P.O. Box 3216

Torrance, CA 90510

Phone: (310) 534-1815 or toll free (888) 4al-anon

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

A Twelve Step program for women and men who grew up in alcoholic or otherwise dysfunctional homes.

**Al-Anon/Alateen**

50 Oak Street #308

San Francisco, CA 94102

Phone: (415) 626-5634 (recorded meeting schedule)

Fax: (415) 625-5633

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

**Alcoholics Anonymous Central Office**

1821 Sacramento Street

San Francisco, CA 94109

Phone: (415) 674-1821

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

A 24-hour meeting information line for San Francisco and Marin. This office has a bookstore of AA materials.

**Asian American Recovery Services**

965 Mission Street, Suite 325

San Francisco, CA 94103

Phone: (415) 541-9404

[www.aarf-inc.org](http://www.aarf-inc.org)

Inpatient and outpatient drug rehab and de-tox, health education, counseling, crisis intervention, case management and referrals.

Languages: Cantonese, Mandarin, Tagalog, Vietnamese and English.

The Tea Pot Crew also provides outreach to workers in Massage Parlors.

### **BAART/FACET - Bay Area Addiction Research and Treatment**

1040 Geary

San Francisco, CA 94109

Phone: (415) 928-7800

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

BAART is a private organization that owns and operates eleven clinics in California counties. Each clinic provides individualized care for diverse adult populations seeking treatment for chemical dependence or substance use. BAART offers a program for pregnant women on methadone.

Languages: Spanish and English.

### **Bayview Hunters Point Foundation, Methadone Maintenance Program**

1625 Carroll Street

San Francisco, CA 94124

Phone: (415) 822-8200

Outpatient substance use treatment facility and youth services.

### **Casa Segura-The Safe House**

Oakland, CA

Phone: (510) 547-0310

Email: [safehouse2@earthlink.net](mailto:safehouse2@earthlink.net)

### **Chemical Awareness & Treatment Services**

1446 Market Street

San Francisco, CA 94102

Phone: (415) 241-1199

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

### **Cocaine Anonymous**

Phone: (415) 821-6155 (helpline/recorded information)

### **DanceSafe**

c/o HRC

22 West 27th St., 5th floor

New York, NY 10001

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

DanceSafe is a non-profit, nationwide coalition focusing on harm reduction within the rave and nightclub community. DanceSafe's goal is to provide non-judgmental, fact based information to both users and non-users alike. DanceSafe currently has 25 chapters in most major cities across the US and Canada and is always looking to grow to reach a new region. Check out the SHARE Project below.

**Delancey Street Foundation**

600 Embarcadero

San Francisco, CA 94107

Phone: (415) 957-9800

Fax: (415) 546-0602

[www.delanceystreetfoundation.citysearch.com/6.html](http://www.delanceystreetfoundation.citysearch.com/6.html)

A two-year, live-in residential program for former substance users and alcoholics. Run by the residents, this program teaches life and job skills to anyone 18 years and older, who is physically healthy.

**The DOPE (Drug Overdose Prevention) Project**

Phone: (415) 775-7163

**East Bay Community Recovery Project (EBCRP) – Project Pride**

~2551 San Pablo Avenue

Oakland, CA 94612

~Hayward

22971 Sutro Street

Hayward, CA 94541

(510) 446-7150

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

EBPRC is a non-profit drug and alcohol rehabilitation program. “[Project Pride](#)” provides a 24-hr therapeutic community model of long-term residential treatment for women in recovery and their children.

**Epiphany Center for Families in Recovery**

100 Masonic Avenue

San Francisco, CA 94118

Phone: (415) 351-4052

Fax: (415) 292-5531

**Focus on Recovery**

Phone: (800) 888-9383

Provides counseling on drug use and narcotics. Refers to local agencies.

**Freedom from Alcohol and Drugs Inc.**

1353 48<sup>th</sup> Ave

San Francisco, CA 94122

Phone: (415) 665-8077

[www.geocities.com/HotSprings/1011/](http://www.geocities.com/HotSprings/1011/)

A 12-step, substance use counseling and outpatient work program for men ages 18 and older.

Languages: Mandarin and English

**Glide-Extended Family Recovery Program**

330 Ellis Street, Suite 105

San Francisco, CA 94102

Phone: (415) 674-6020

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

Offers substance use, co-dependency, anger management, counseling and incest survivor groups, parenting classes, support groups for men and women ages 18 and older.

Languages: Spanish and English

### **Golden Gate for Seniors**

637 Van Ness Ave

San Francisco, CA 94110

Phone: (415) 626-7553

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

A drug treatment center for men and women ages 55 and older. Sliding scale fees. Offers groups, referrals and ancillary services, including acupuncture.

### **Haight-Ashbury Free Clinic-Alcohol Treatment Services**

425 Divisadero Street, Suite 201

San Francisco, CA 94117

Phone: (415) 487-5634

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

Outpatient drug and alcohol treatment for men and women.

### **Haight-Ashbury Free Clinic-Drug Detox, Rehabilitation and After Care Program**

529 Clayton Street

San Francisco, CA 94117

Phone: (415) 565-1908

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

Outpatient de-tox. HIV education, counseling and testing, prevention case management and outreach.

### **Haight Ashbury Free Clinic-Residential Substance Abuse Services**

Treasure Island

1441 Chinook Court

San Francisco, CA 94130

Phone: (415) 394-9079

Fax: (415) 864-6162

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

### **Haight-Ashbury-Smith House**

Treasure Island

1441 Chinook Street

San Francisco, CA 94117

Phone: (415) 394-5864

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

### **Harbor Light Detox Center (Salvation Army)**

1275 Harrison Street

Phone: (415) 503-3000

[www.sfharborlight.org/detox.html](http://www.sfharborlight.org/detox.html)

A residential alcohol and drug treatment program.

©**Harm Reduction Coalition**

1440 Broadway, Suite 510

Oakland, CA 94612

Phone: (510) 444-6969

Fax: (510) 444-6977

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

The Harm Reduction Coalition (HRC) is committed to reducing drug-related harm among individuals and communities through harm reduction education, interventions, and community organizing. HRC fosters alternative models to conventional health and human services and drug treatment; challenges traditional participant/provider relationships; and provides resources, educational materials, and support to health professionals and drug users in their communities to address drug-related harm.

**HIV Prevention Project Needle and Syringe Exchange-SF AIDS Foundation**

Phone: (415) 241-5100

Fax: (415) 241-5109

Free weekly needle exchange, information, referrals to social services, and distribution of alcohol wipes, bleach, cotton, condoms and educational info. Call for exchange schedule.

©**Iris Center**

333 Valencia, Suite 222

San Francisco, CA 94103

Phone: (415) 864-2364

Fax: (415) 864-0116

Substance use treatment, mental health and HIV counseling, support & resources for pregnant and non-pregnant women.

Languages: Spanish and English.

**Isis Clinic**

San Francisco General Hospital

1001 Portrero Avenue #4C

San Francisco, CA 94110

Phone: (415) 206-8287

Wound and abscess care clinic.

**Liberation House**

1726 Steiner Street

San Francisco, CA 94115

Phone: (415) 563-4357

A 4-month residential drug and alcohol treatment program.

**Marian Residence for Women**

1171 Mission Street

San Francisco, CA 94103

Phone: (415) 241-2688

A woman's shelter.  
Languages: Spanish and English.

**Marijuana Anonymous**

PO Box 460024

San Francisco, CA 94146

Phone: (415) 522-7373

[www.sf-ma.org](http://www.sf-ma.org)

Twelve Step meeting information and contact numbers for people who think they have a problem with marijuana.

**McMillan/Fell Drop-In Center**

39 Fell Street

San Francisco, CA 94102

Phone: (415) 241-1180

A drop-in counseling and referral center to agencies, de-tox and treatment programs.

Languages: Spanish, Mandarin and English.

**Milestones Human Services, Inc.**

291 10th Street

San Francisco, CA 94103

Phone: (415) 522-1230

Fax: (415) 522-0910

Services include a residential substance use treatment program, referrals and gender specific groups.  
Language: Spanish and English.

**Mission Counsel on Alcohol Abuse for the Spanish Speaking**

820 Valencia Street

San Francisco, CA 94110

Phone: (415) 826-6767

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

Individuals, group and family counseling for persons ages 18 and older with problems related to alcohol and other drugs. AA and NA meetings.

**Knar-Anon**

Phone: (415) 292-3241 (answering machine)

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

For relatives and friends of people with drug use issues.

**Narcotics Anonymous**

78 Gough Street

San Francisco, CA 94102

Phone: (415) 621-8600

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

Hotline provides peer counseling and/or meeting information.

Languages: Spanish and English.

**NEED**

Berkeley, CA

Phone: (510) 678-8563

See Needle Exchange section for days and times.

**Opiate Treatment Outpatient Program**

SF General Hospital

Building 90 Ward 93

1001 Potrero Ave

San Francisco, CA 94110

Phone: (415) 206-8412

De-tox program, studies and groups. Ongoing research studies for active substance users.

Languages: Spanish and English.

**Oshun Center**

101 Taylor Street

San Francisco, CA 94102

Phone: (415) 928-6748

[www.hafci.org/detox/oshun/htm](http://www.hafci.org/detox/oshun/htm)

The Oshun Center is a Haight-Ashbury Free Clinics program, a 24-hour, 7-day a week drop-in service center for women and their families. Services focus on substance use and relationship issues, including but not limited to: domestic violence and childhood trauma survival, employment and educational support, fitness and self-defense. The Oshun Center provides group meetings, individual, group and family counseling, crisis intervention, advocacy, information and referrals.

**Ozanam Center**

See St. Vincent de Paul Society.

**Redwood Center**

100 Edmonds Road

Redwood City, CA 94062

Phone: (650) 366-5723

A residential treatment program for men with substance use issues. Transportation provided.

**Richmond Exchange Works**

Richmond, CA

Phone: (510) 236-8122

See Needle Exchange section for days and times.

**SAGE Project**

1275 Mission Street

San Francisco, CA 94103

Phone: (415) 905-5050

Fax: (415) 905-5054

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

Services: Drug recovery and trauma reduction, case management, harm reduction and drug recovery, psychotherapy, acupuncture and herbs, peer counseling support to work within the sex industry, or to leave the industry if desired.

Populations Served: Men, women, trans-gendered individuals and girls.  
Languages: Spanish, Russian, Vietnamese, Tagalog, some Chinese and English.  
Experience with Sex Workers: Many of the staff are former Sex Workers and substance users. They have extensive experience with Sex Workers and a majority of their clients have been in the industry.  
Internships: They have outreach worker training and internships available working in administration and with youth and adults.

### **Saint Anthony Foundation**

121 Golden Gate Ave  
San Francisco, CA 94102  
Phone: (415) 241-2600  
Fax: (415) 252-1635  
[www.stanthonysf.org](http://www.stanthonysf.org)

Trainings: The Learning center offers literacy and basic education classes, computer courses, an employment program and job skills training.  
Languages: Spanish, some Tagalog, several Asian languages spoken throughout the organization and English.

### **Salvation Army - Adult Rehabilitation Center**

1500 Valencia Street  
San Francisco, CA 94110  
Phone: (415) 643-8000  
Fax: (415) 695-0647  
[www.salvationarmy.org](http://www.salvationarmy.org)

### **SHARE Project-Dance Safe's local SF Chapter**

PMB #208  
39270 Paseo Padre Pkwy  
Fremont, CA 94538  
Phone: (510) 835-5837  
Voice line: (877) PILL-TEST (745-5837)  
[www.shareproject.net/about.html](http://www.shareproject.net/about.html)

SHARE Project is the San Francisco Bay Area chapter of DanceSafe. They are made up of an eclectic group of enthusiastic volunteers. They are a peer-based group seeking to empower young people to do their own research and find answers for themselves.

### **St. Vincent de Paul Society**

Ozanam Center  
1175 Howard Street  
San Francisco, CA 94103  
Phone: (415) 252-5305 (24-hour)  
Payee number: (415) 864-0296  
Email: [SVDP@pacbell.net](mailto:SVDP@pacbell.net)

Drop-in center provides detox treatment, relapse prevention, HIV/AIDS education, recreational activities, meetings and money management program. The Reception Center provides residential, meals, shower facilities, health assessment, referrals and counseling. Howard Street Detox provides

daily twelve-step programs, detailed treatment and recovery program, and referrals to agencies and programs. Wheelchair accessible.

Population served: Coed substance users, especially dual-diagnosed individuals. Age 18 and over.

Languages: Spanish and English

### **Stimulant Treatment Outpatient Program (STOP)**

3180 18<sup>th</sup> Street, Suite 202

San Francisco, CA 94110

Phone: 502-5777

Intensive outpatient treatment services for cocaine, crack or methamphetamine use.

Languages: Korean and English.

### **Stonewall Project**

3180 18<sup>th</sup> Street

San Francisco, CA 94110

Phone: (415) 502-1999

Group and individual counseling for gay and bi men who use amphetamines. They also host the site [www.tweaker.org](http://www.tweaker.org), which has listings of relevant resources and community events around San Francisco.

### **Tri-City Health Center-Fremont**

Hayward, CA

Phone: (510) 713-6690

See Needle Exchange section for days and times.

### **Urban Health Study**

3180 18<sup>th</sup> Street

San Francisco, CA 94110

Phone: (415) 476-3400

Harm reduction for injection drug users. HIV, Hep B/C testing and counseling.

### **Western Addition Recovery House**

940 Haight Street

San Francisco, CA 94117

Phone: (415) 487-5647

Prevention education, substance use counseling and medical referrals for African American men ages 18 and older.

### **Westside Community Mental Health Center Methadone Program**

1301 Pierce Street

San Francisco, CA 94117

Phone: (415) 563-8200

### **♥Westside Community Mental Health Center Substance Abuse Services**

973 Market Street, 3rd Floor

San Francisco, CA 94103

Phone: (415) 495-6071

Substance use, mental health, HIV/AIDS, and women's services

## TRANSGENDER SUPPORT SERVICES

### Information on Estrogen for MTF's

Estrogens are strong and serious medicines. They work by putting the female hormones directly in your body. Most people's bodies will respond by looking and feeling more womanly. Estrogens often work really well, but they can also have some dangerous side effects.

Some people are more likely to have bad effects than others, these include people:

- Who smoke
- Have diseases like diabetes and high blood pressure or problems with their heart, hepatitis or other liver problems or kidney problems.
- Have close relatives who have had breast cancer, like a mother or sister.
- Are taking HIV medicine.

It's important to tell your physician if you have any other problems in this list. It does not mean that you won't be given estrogen, it just means that we will have to work extra hard to be sure that you are okay.

Some of the effects of estrogens that most people think are good are:

- Growing breasts.
- Changing the shape of your body to be more womanly or "pear" like.
- Softening of skin
- Growing less body and face hair
- Making your penis and testicles smaller.

Remember that it takes many months to get the full effect of both estrogen and spironolactone. These changes don't happen all at once, and taking more of your medicines won't make them happen any faster, it will just make you more likely to get sick.

And then there are some bad or dangerous effects like:

- Blood clots in you legs or lungs-these are painful, scary and people can die from them.
- High blood pressure
- Diabetes
- Tumors in your brain (prolactinoma).
- Feeling sick to your stomach or throwing up
- Getting headaches including migraines
- Not feeling like having sex or not being able to get an erection or get somebody else pregnant.
- Gallbladder disease
- Problems with your liver
- Feeling moody or depressed
- Acne

However, some people never get any of these, and people that do usually feel one or two, not the whole list. It's important to let us know if any of these things happen to you.

If you take more than the dose prescribed to you it becomes more likely that one of these bad things will happen to you.

Estrogens come as an injection, as pills that you take everyday, or as a patch that you put on your skin once a week. Some people like the shots better because they get more medicine faster, but then it drops off. Other people like the pills better because you get a steady amount of medicine all the time.

Most people taking estrogens take them in combination with another drug to block the effects of the male hormone testosterone. We usually give spironolactone. The effects of spironolactone are similar to those of estrogens. Most people have less body hair and grow bigger breasts while taking spironolactone, however, spironolactone can't change the shape of your body and face the way estrogens can.

### **Information on Testosterone for FTM's**

Many FTM's decide that they are able to look on the outside the way they feel on the inside without taking hormones. However others feel that they cannot do this without hormones.

Testosterone comes in two basic forms. Most commonly it is taken as a shot once every 2-4 weeks. There is also a patch form. Some people like the patch better because it releases a constant amount of testosterone every day, instead of having a lot right after getting the shot, and then less over the time before the next shot is due.

Testosterone can affect bodies of people born female in powerful ways. Many of these effects are good, like growing more face and body hair, deepening your voice etc, but others can be very dangerous. People who already have certain health problems or conditions can make those problems much worse by taking testosterone, or can develop new problems because of taking testosterone. If you have any of the problems or conditions listed below and want to take testosterone it's really important to talk to one of us so we can figure out together how to best keep you safe and healthy.

These include:

- If you are pregnant
- If you have heart problems especially coronary artery disease, or if one of your close relatives has coronary artery disease
- High lipids
- Liver disease- like Hepatitis B or C
- If you smoke cigarettes
- If you or close members of your family have had breast cancer
- If you've had blood clots in your arms or legs (DVT or Deep Venous Thrombosis)
- If you are very chubby (obese)

Even if you were very healthy before you started taking testosterone you could still have many problems as a result of taking testosterone. Some of the side effects of testosterone include:

- Gaining weight- especially in a more "male" way, like getting a big belly.
- Your arms and legs swelling (peripheral edema)
- Your skin breaking out.
- Erythrocytosis (an imbalance in your blood cells)
- Problems with your liver.
- Your "good cholesterol" going down and "bad cholesterol" going up, which puts you at risk for heart problems and heart attack.

- Headaches.
- Your skin becoming less smooth.
- Being more moody and especially more aggressive.
- Going bald.
- Not being able to get pregnant.

Because of the seriousness of some of these side effects you will need to get blood tests every three months the whole time you are taking testosterone to be sure that you are staying healthy.

Some of the effects that most people consider good are:

- Your period stopping.
- Your voice deepening to a more traditionally male range.
- Growing more hair on your face, chest, arms and legs.
- Your muscles getting bigger and becoming stronger.
- Your clitoris getting bigger.
- Making it less likely that you will get osteoporosis (brittle bones)
- Wanting to have sex more.
- Having more energy in general.

Remember that not everyone gets all of these effects, and some people will get some more than others and some sooner than others. The process can take years to complete; though many people will have notice major changes within just a couple months.

One of the most important things to know about taking testosterone is that many of the changes to your body, like your voice deepening, your head and body hair changing and your clitoris getting larger are sometimes permanent. This means that if you ever decide to stop taking testosterone your body may never go back to the way it was before.

## Medi-Cal and Gender Reassignment Procedures

### Does Medi-Cal cover gender reassignment?

**Yes!** Despite what many Medi-Cal recipients have heard, Medi-Cal will cover some procedures. It is true that Medi-Cal still sometimes tries to deny coverage for gender reassignment procedures. However, California courts have, on several occasions, overruled these denials and ordered Medi-Cal to pay for the requested treatment.

Because it is possible that Medi-Cal will continue to automatically deny some requests for treatment, applicants should prepare their requests with that in mind. This pamphlet contains suggestions on filing an effective request and information about getting help in filing an appeal if your request is denied by Medi-Cal.

### What types of procedures might be covered?

Medi-Cal should cover hormone treatment, gender reassignment surgery, and other necessary procedures. Medi-Cal is required by law to evaluate requests on a case-by-case basis. They must approve those requests that they find to be medically necessary so long as the procedure is not considered to be “experimental.” Medi-Cal’s definition of experimental does not include gender reassignment surgery.

### What steps do I need to take to get Medi-Cal to cover gender reassignment procedures?

*The first thing you’ll need to do is find a health care provider who is registered with Medi-Cal. Anyone who is providing you health services related to your transition should be able to become a Medi-Cal provider.*

*Providers who are not already signed-up with Medi-Cal should be encouraged to do so. Your provider can get more information on registering with Medi-Cal by calling (800) 541-5555.*

*If getting gender reassignment surgery (GRS) is a part of your prescribed or desired medical treatment, you are likely to have a difficult time finding an experienced surgeon who accepts Medi-Cal. To begin the process, your surgeon will need to submit a Treatment Authorization Request (TAR) to Medi-Cal. A TAR is an explanation about why the services you are requesting are medically necessary and should be paid for by Medi-Cal.*

*Your TAR is incredibly important in getting your request approved. You’ll need to work with your provider in order to insure that the best possible request is submitted. Your TAR should include letters from your therapist or therapists, a letter from your primary physician, and a letter from you. These letters should all explain why the requested procedure is medically necessary for you.*

*How long does it take to get a decision?*

Medi-Cal has 30 days to take action on the TAR. It can sometimes take longer if your request is complicated. When Medi-Cal has made a decision, they will send letters to you and your provider.

### What should I do if Medi-Cal denies coverage?

If Medi-Cal decides not to pay for the services that you requested, they will send you a “Notice of Action.” You should use the form on the back of this notice to request a state “Fair Hearing.” You have **90 days** from the date you received your Notice of Action letter to file your request. Once your request is processed, you will be given a date for a hearing. You are strongly encouraged to seek legal help or representation for the hearing.

## Where can I get a lawyer?

If you live in the Bay Area and are low-income, **Bay Area Legal Aid** provides free legal help. If you live outside of the Bay Area, the Transgender Law Center may be able to help you find an attorney close to you.

If you choose not to use an attorney, or one is not available in your area, you should ask a friend, relative or community advocate to help you prepare your case. This person should also go with you to your hearing.

## What additional information should I give to Medi-Cal before I go to the state hearing?

*At the state hearing, the judge will be looking for evidence that gender reassignment is medically necessary for you. You should provide as much evidence as you can to prove that this is true. This can include letters from other health care providers, updated medical reports, letters from friends and family, and/or social science reports that discuss gender identity disorder. You can contact the Transgender Law Project for copies of appropriate reports.*

## What happens after the hearing?

The judge looks at all of the evidence from both sides and renders a decision. The law says that you must receive a decision within 90 days of filing your request for a hearing (unless you waive that right in writing).

*What can I do if I lose at the state hearing?*

If the judge rules to deny you coverage, you have the right to a rehearing. If you lose the rehearing, you have the right to appeal the decision in California Superior Court.

You should also be aware of something called an “alternate decision.” If the judge grants you coverage, the Director of Medi-Cal has the power to over-rule the decision. If the Director does this in your case (it sometimes happens in gender reassignment applications), you’ll have to appeal the Director’s decision in California Superior Court. If you decide to go to Superior Court and have not already obtained legal assistance, we strongly advise that you do so at this stage.

## Special Issues to Consider

### The Harry Benjamin Standards of Care

*If you have not already heard of the Harry Benjamin Standards of Care, you will probably begin to hear about them as you enter this process. The Harry Benjamin International Gender Dysphoria Association has created guidelines for providing health services to people with Gender Identity Disorder (GID). Not all transgender people have GID. Of those who do, some choose to utilize these guidelines as a way to plan the health care they will receive.*

*Some successful Medi-Cal applicants and health care advocates believe that the best way to apply for Medi-Cal coverage is by following these guidelines. Their argument is that Medi-Cal is most likely to find a procedure “medically necessary” if you can prove that it is a part of these physician and psychiatrist approved treatment guidelines. While we are not advocating these guidelines as the only health care plan that Medi-Cal will find “medically necessary,” we believe that applications that follow them have a greater chance of being approved. You can access the guidelines on the internet at: [www.hbgda.org](http://www.hbgda.org).*

### What if I have chosen to be part of an HMO as my Medi-Cal service provider?

Some HMO’s deny gender reassignment to their members. If you are a member of an HMO that will not cover gender reassignment, Medi-Cal should still cover the cost.

Your medical provider must first send the treatment request to the HMO. The provider will receive a denial of payment. The provider then has to send that denial along with a TAR to Medi-Cal for payment. If Medi-Cal denies the TAR, you can request a state “Fair Hearing.” (See above section: “What should I do if Medi-Cal denies coverage?”)

### **Will Medi-Cal cover electrolysis or other necessary procedures related to transitioning?**

It is unclear what services Medi-Cal considers medically necessary for gender reassignment. Possible covered procedures include tracheal shave, breast construction (for MTF's), and electrolysis.

If you are in need of any procedure as a part of your transition, you should get help from a medical health care professional who is a Medi-Cal provider and follow the application steps set out in this pamphlet to request coverage for the procedure. If Medi-Cal denies coverage, see the above section on what to do if Medi-Cal denies coverage.

#### *Medicare and Medi-Cal*

If you are a recipient of both Medicare and Medi-Cal, you may be ineligible for some gender reassignment procedures. Medicare explicitly excludes gender reassignment surgery. Due to the way the two benefit systems operate, this exclusion may block you from receiving coverage from both Medicare and Medi-Cal.

If you are in this situation and are denied coverage, we strongly suggest you explore your legal options with an attorney.

*(An information and resource publication of: The Community Health Advocacy Project & The Transgender Center)*

## **Legalizing your Gender Identity: CHANGING LEGAL DOCUMENTS IN CALIFORNIA**

### **What makes your name “legal”?**

Your legal name is the identity by which you are officially known. Your birth name is a legal name because it is on your birth certificate and is used on all of your legal documents. If you want to change that name, you have two options, a “common law” name change and a “court ordered” name change.

**Common Law Name Change** Some people who change their name never get formal recognition of the change. They simply adopt a new name and use it over time.

If this name is used consistently for business and personal affairs, it can become your legal name through what is called a “common law” name change. This is a free method of changing your name. However, it does not create the kind of solid paper trail that a court ordered name change will.

**Court Ordered Name Change** A court ordered name change is one where a judge approves your request to change your name. You begin the process by picking up the proper forms, filling them out, and submitting them at the county court house. Once you pay a fee (or submit a fee waiver) you will be given a court date within six weeks.

During those six weeks, you are required to take out a small ad in the classified section of a local paper stating that you will be changing your name. Most everyone who changes their name, regardless of their reason for doing so, has to do this. In a few limited cases, a judge can waive this requirement. Judges will sometimes do this for people who need to protect their identity (often true of survivors of domestic violence) or who are unable to pay for the classified ad (can range from \$50 to \$120 in SF).

On your court date, you will appear before a judge with proof that you have taken out the ad. The judge may ask you a question or two about the name change. If all of your paperwork is in order and no one objects to your name change request, the judge will approve your request to change your name. This name is now your legal name.

### **What makes your gender legal?**

No one knows for sure. California allows you to change the gender on your California birth certificate. Legal experts believe that this change will legally change your gender. However, as far as we know, this theory has not been tested in court. The reason you might want to try to “legalize” your gender is that some laws (marriage and child custody, mostly) might require you to be a certain gender in order to utilize them.

The process for getting your California birth certificate changed is similar to the one used to get a name change. The primary difference is that you’ll need a letter from your health care provider declaring that you have undergone “surgical treatment for the purpose of altering [your] sexual characteristics to those of the opposite sex.” [California Health and Safety Code 103425.]

What “surgical treatment” means is unclear. In most cases, a letter from your physician or surgeon documenting that you have undergone the “recommended treatment” for altering your anatomy and appearance is sufficient. This is true regardless of what kind of surgery you have had. However, a judge is allowed to ask you specific questions about your treatment and can deny your request if your treatment does not include genital surgery. From our experience, however, denial on this ground is rare. It is more probable that the judge will grant your request and ask the state to issue you a new birth certificate.

(Remember that this is only true if you have a California birth certificate. If you have a birth certificate from another state, you will need to ask the court to exercise a power called “equitable jurisdiction.” If you have questions about your specific situation, call the Transgender Law Center.)

If you were granted a court ordered name change in the past, but did not apply for a gender change at that time, you might be able to do so now with a supplemental petition. To do this, you should send a letter and the appropriate documentation from your doctor to the judge who granted your name change. Ask the judge to accept these documents as a “supplemental petition” to your original name change request. While no law says that the judge must grant your gender change under these circumstances, it is possible that your supplemental petition will be granted. If it is, you won’t need to go back to court for the gender change and you’ll save both court costs and a court appearance.

### **Notice to people less than 18 years of age**

If you are under 18, and are not an emancipated minor, you will need to take some extra steps to do either of the above. Because of your age, a parent or legal guardian will need to apply for your name or gender change. When you pick up the forms at the courthouse be sure to pick up the additional paperwork necessary for applicants under 18.

### **Changing Legal Documents and Records**

#### **Birth Certificate**

Once you have completed the above court procedures for changing your birth certificate, you must file an “Affidavit to Amend Record” with the California Department of Vital Records (VR).

To do this you will need to fill out form VS 24. The form can be obtained from your county Recorder’s office, your local health department, or by calling VR at (916) 557-6073. Currently the fee for getting your birth certificate changed is \$20. This includes one certified copy of the new certificate. Additional certified copies can be ordered for \$13 each.

#### **Driver’s License and California ID**

The California Department of Motor Vehicles (DMV) has created a form (DL 328) for requesting a change to your name and/or gender. You can pick up a copy of the form at any DMV location – usually at the information desk.

You do not need a court order to change your name. However, you will need a licensed California physician to document the fact that you are transgender by signing the DL 328 form. Once you have completed the form, take it back to the DMV and pay the fee. You will receive a temporary license with your new information.

Your permanent license or ID will not be issued until the DMV runs a check against your Social Security records. Therefore, in order to get your permanent license or ID, you’ll need to also update your Social Security records (see below). If you have any on-going problems with this procedure, call the main DMV office in Sacramento (916-657-4484). An analyst can assist you in dealing with local officers who may be confused or uncooperative.

**Special note:** if you are under 18 years of age, you will need a signature from a parent or guardian to request a name and/or gender change on your license or ID. Use form DL 44 for this signature.

#### **Social Security**

To change your name with the Social Security Administration, you will need proof of your old identity and proof of your new identity (usually your temporary drivers license or state ID). Take these materials to a social security office, fill out an SS-5 form (available online at [www.ssa.gov](http://www.ssa.gov)), and request that they change your name.

While Social Security officially requires that you have already “completed,” gender reassignment surgery in order to get your gender marker changed, this policy is not universally enforced.

## **Passport**

The procedure for having your name changed on your passport is similar to having it changed on your social security card. However, it is most easily done with a court order. Changing your gender marker, however, can be difficult. The US Passport Agency has a written policy requiring you to have had, or be scheduled to have, gender reassignment surgery to change your gender on your passport.

If you do not plan to have full genital surgery in the near future (or ever), you have a couple of options. One option is to use a passport that lists your birth-identified gender. You may get questioned about this while crossing borders. Some travelers have found that a letter from their doctor identifying them as transsexual usually satisfies any such inquiries.

Another option is to apply for the gender marker change with a physician’s letter that states that you have “undergone all recommended medical treatment.” While your application may be denied, many have been granted. If you have questions about how to describe your specific medical history, call TLC.

## **Selective Service**

If you are FTM and applying for federal benefits (including educational loans), you will likely need to show proof that you were never required to register with the Selective Service.

*You can get this proof by submitting a “Request for Status Information Letter.” (You can download the request form off the web at <http://www.sss.gov/FSmen.htm>.) When submitting the form, you’ll need to also send a copy of your original birth certificate (with female designation).*

# Gender Identity Discrimination and Employment Law

## Your Rights Under California Law

### **What is gender identity discrimination?**

Gender identity discrimination occurs when you are denied services, opportunities, equal access, or subjected to a hostile work environment because you are transgender, intersex, and/or genderqueer. It can occur on its own or in combination with discrimination based on other characteristics (e.g. race, sex, sexual orientation, disability, etc.).

### **How can it affect my employment?**

Discrimination occurs when an employer fires, fails to hire, fails to promote, or takes any other negative employment action against you because of your gender identity and/or expression. An employer who discriminates against you in compensation or in terms, conditions, or privileges of employment on this basis is likewise acting in a discriminatory manner.

On-the-job harassment is also a prohibited form of discrimination that occurs when you are subjected to hostile, offensive, or intimidating behavior by a supervisor or co-worker because of your gender identity and/or expression. To be illegal, this kind of behavior has to be either very serious or happen on a regular basis over a period of time. Prohibited conduct can include, but is not limited to, repeated failure to address you by the proper name and pronoun, homophobic and/or trans-phobic comments and epithets, or invasive inquiries about your medical history or genitalia.

It is also likely discriminatory for your employer to deny you access to the restroom that corresponds to your gender identity. Some employers believe that a person must undergo “sex reassignment surgery” before they can use the restroom that corresponds to their gender identity. We do not believe that this type of policy is legal under California law.

If you are transitioning on the job, you should be able to access the appropriate restroom as soon as you inform your employer that you are transitioning. If you transitioned prior to beginning a job, you should never be restricted from using the appropriate restroom even if you disclose your transgender status, or it is disclosed for you.

If you feel unsafe or uncomfortable using either the men’s or women’s restroom you should ask your employer to provide you access to a gender neutral option. However, no employer may force an employee to use a gender neutral bathroom.

The other area in which employers often treat transgender employees discriminatorily is in style of dress. If your employer has different dress codes and/or uniforms for men and women, you should be able to dress in accordance with the code or uniform appropriate for your gender identity. And employers should not scrutinize your compliance with the dress code any more closely than they would the compliance of any other employee.

### **Retaliation**

Federal, state, and San Francisco employment laws also prohibit an employer from retaliating against an employee who complains about employment discrimination or participates in the investigation of someone else’s complaint. Retaliation includes, among other things, being fired, disciplined, harassed, or given undesirable work assignments. Retaliation, like discrimination or harassment, can be the basis for a claim or lawsuit.

### **Local Employment Laws**

Four city and counties in California explicitly protect transgender people from certain forms of discrimination: San Francisco, Santa Cruz (city and county) and West Hollywood. Your ability to protect yourself with these laws varies from city (or county) to city. For instance, in San Francisco, the San Francisco Human Rights Commission (SFHRC) will investigate and mediate claims of gender identity discrimination. If you are discriminated against in San Francisco you can find out more by calling (415) 252-2500. If you face discrimination in one of the other jurisdictions, contact that jurisdiction's local government body.

## **California Employment Law**

The Fair Employment and Housing Act (FEHA) is the main protection for employees<sup>1</sup> under California State Law. As of January 1, 2004 FEHA explicitly prohibits gender identity based discrimination in employment and housing.

As amended, FEHA defines sex to include: a person's "identity, appearance, or behavior, whether or not that identity, appearance, or behavior is different from that traditionally associated with the individual's] sex at birth." This means that an employee can not be discriminated against: because they are transgender (regardless of whether they have undergone or intend to undergo any medical procedure); because their identity, appearance, or behavior does or does not conform to gender stereotypes (regardless of whether the person identifies as transgender); or for any other reason based upon the person's gender-related identity, appearance, or behavior.

Even prior to the above described amendment, transgender people were likely to have been protected under FEHA. Therefore, if you have experienced harassment or discrimination prior to January 1, 2004 you should still seek a remedy by following the steps on the next page.

## **Federal Employment Law**

Title VII of the Civil Rights Act protects employees<sup>2</sup> from discrimination on the basis of sex. While Title VII does not explicitly prohibit gender identity discrimination, federal courts have recognized discrimination based on gender non-conformity as discrimination based on sex.

Unfortunately, sexual orientation is not explicitly a protected category under Title VII. Additionally, the Americans with Disabilities Act, the federal disability rights law, explicitly excludes transsexualism and gender identity disorder from conditions protected against discrimination. Therefore, a claim for gender identity discrimination under federal law may only be brought as a sex discrimination claim.

## **Steps for Fighting Gender Identity Discrimination<sup>3</sup>**

### **Step 1: Document the discrimination**

The first step you should take if you believe you are being discriminated against based on your gender identity is to write down the dates, times, and individuals involved in suspected incidents, as well as witnesses to the discrimination. It is best to keep these notes away from your work site.

### **Step 2: Attempt an informal resolution**

For all cases, you should try to address instances of harassment or discrimination by speaking with your supervisor (unless that person is the harasser) or your employer's human resources or personnel office.

Follow-up this conversation with by filing a written complaint (be sure to keep a copy for yourself). If the situation is not resolved informally, you should follow your employer's or union's internal grievance process.

Carefully review any document your employer asks you to sign in relation to this situation. If you are unsure what a document says (especially if it contains language about "arbitration," "release of claims," or "waiving the right to sue or to bring a complaint"), get legal advice before signing.

### **Step 3: Seek legal advice**

While it is sometimes difficult to get full legal representation for a claim of this type, even an informal "advice and counsel" meeting with an employment attorney can often help you better prepare your case. If you believe you have been subjected to employment discrimination or harassment, contact one of the above phone numbers for either the Employment Law Center or the Transgender Law Center.

### **Step 4: File a complaint**

If you are not able to resolve your situation through your employer, you may consider taking legal action. In the employment discrimination context, this always means filing a complaint with the appropriate local, state and/or federal agency(ies).

**Department of Fair Employment and Housing (DFEH-State)** – This agency handles all complaints under FEHA. You can make an appointment with the DFEH by calling **(800) 884-1684**. Filing a complaint is free and you can do so without the help of an attorney. You must file your complaint within 1 year of the date of the last incident of discrimination. The department will then investigate the claim and, if sufficient evidence is found, will try to reach a settlement between you and your employer.

**Equal Employment Opportunity Commission (EEOC-Federal)** - This agency handles all complaints filed under Title VII. To find the office nearest you, contact the agency at (800) 669-4000. You must file your complaint within 300 days of the date of the last incident of discrimination (federal employees must file with their Equal Employment office within 45 days).

### **Step 5: "Right to Sue" Letter**

If your situation is not resolved by filing a complaint and you filed your complaint with either the DFEH or the EEOC in a timely manner, you will be issued a "right to sue" letter. This letter allows you to file a lawsuit against your employer in the proper court. This letter can also be obtained at any point after filing a complaint with the DFEH or EEOC, if you want to terminate the investigation and file a civil lawsuit.

It can sometimes be difficult to find an attorney to handle a case of gender identity discrimination. Unfortunately, few attorneys have been properly trained to take cases like this. If you are unable to find an attorney, you should consider calling either of our agencies. We will do our best to connect you with an attorney in your area.

<sup>1</sup>FEHA applies to employers with five or more employees (except for cases of harassment) and does not apply to federal government employees even if they work in the State of California.

<sup>2</sup>Title VII applies to employers with 15 or more employees.

<sup>3</sup>While this pamphlet is designed to highlight employment discrimination based on gender identity, these steps are a helpful guide to fighting any form of employment discrimination.

*(An information and resource fact sheet by: The Employment Law Center & The Transgender Law Center)*

# **Gender Identity Discrimination and Tenants' Rights:**

## **Your Rights Under San Francisco and California Law**

### **What is gender identity discrimination?**

Gender identity discrimination occurs when we are denied services, opportunities, or equal access based either on our lack of conformity with traditional gender norms or because of the perception that we don't conform to those norms. And it can occur on the basis of gender identity alone or in combination with other characteristics (e.g. race, gender, sexual orientation, disability, etc).

### **How can it affect me as a tenant?**

#### **Leases**

A discriminatory landlord may try to deny you the opportunity to apply for a lease or tell you an apartment has been rented when it has not.

Some landlords will try to require that you sign a lease with terms that differ from those that she or he would be offered to a non-trans person. Others have signed a lease and taken a deposit, but then tried to deny access to the apartment or begin eviction proceedings upon finding out that their new tenant is transgender.

#### **Repairs**

Some landlords will discriminate by failing to make repairs in a timely and professional manner or refusing to make them at all.

#### **Sex-segregated Facilities**

A transgender tenant has the right to equal access of sex-segregated facilities. While it is not common to have public restrooms in a landlord/tenant context, when they do exist and are sex segregated, a transgender tenant has the right to access the restroom that corresponds to your gender identity. Some landlords believe that a person must undergo "sex reassignment surgery" before they can use the restroom that corresponds to their gender identity. We do not believe that this type of policy is legal under California law.

#### **Harassment**

Finally, a discriminatory landlord will often try to verbally harass you and/or will fail to take action against an employee or other tenant who harasses you.

#### **Retaliation**

Retaliation is when your landlord takes further discriminatory action because you stood up for your rights or for the rights of someone else in your building. The above organizations can give you information on how to defend against retaliatory actions.

All of these actions, and any other differential treatment that disadvantages you, may be violations of San Francisco city and California state laws. In order to effectively enforce your rights, it is best to understand the different ways that the two sets of laws protect you.

## **Housing Law in San Francisco**

### **Landlords**

*The San Francisco Municipal Police Code (Article 33 sect. 3304) prohibits housing discrimination based on a number of factors, including gender identity.<sup>1</sup> This anti-discrimination ordinance prohibits most landlords<sup>4</sup> from discriminating against a tenant or a potential tenant.*

*Discrimination can include: failing to offer or maintain a lease; offering a lease which contains different terms (e.g. increased rent, shorter lease term, decreased use of shared space, etc.); and/or refusing or restricting repairs, services, or improvements. Complaints about discrimination can be filed with the San Francisco Human Rights Commission (HRC).*

Verbal harassment by your landlord, an employee of the landlord, or another tenant in your building can also be the basis for filing a discrimination complaint with the HRC. In fact, if you have complained to your landlord about the harassment (preferably in writing), she or he is required to take steps to prevent further harassment.

### **Roommates**

In addition to landlords, roommates or housemates can sometimes be a source of discrimination. If a roommate or housemate attempts to evict you or engages in harassment based on your gender identity, the HRC will accept and investigate your complaint.

### **California State Law**

As of January 1, 2004 FEHA explicitly prohibits gender identity based discrimination in employment and housing.

As amended, FEHA defines sex to include: a person's "identity, appearance, or behavior, whether or not that identity, appearance, or behavior is different from that traditionally associated with the individual's] sex at birth." This means that a tenant can not be discriminated against: because they are transgender (regardless of whether they have undergone or intend to undergo any medical procedure); because their identity, appearance, or behavior does or does not conform to gender stereotypes (regardless of whether the person identifies as transgender); or for any other reason based upon the person's gender-related identity, appearance, or behavior.

Even prior to the above described amendment, transgender people were likely to have been protected under FEHA. Therefore, if you have experienced harassment or discrimination prior to January 1, 2004 you should still seek a remedy by following the steps on the next page.

## **Fighting Housing Discrimination**

### **Keep good notes**

*It is important to jot down a note whenever your landlord does something that might be discriminatory. Also, when possible, give your landlord complaints in writing and keep a copy for yourself. If you give the complaint to someone other than your landlord, make a note of her or his name and their relationship to your landlord (e.g. family, employee, etc.).*

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## Get legal advice

Even if you cannot afford a private attorney, you can still get help in understanding and enforcing your rights. San Francisco has a number of non-profit organizations and government agencies who can help you prepare your case whether or not you want to go to court. And, even if you can afford an attorney, these organizations can give you information to help you decide if litigation is the best route for you.

## Self-help

Some housing problems can be resolved by showing your landlord that you know your rights and that you are willing to enforce them. The following three San Francisco non-profits specialize in helping tenants learn about and exercise their rights.

### **Housing Rights Committee**

(415) 281-8380 (counseling line)

### **St. Peter's Housing Committee**

(415) 487-9203 (English and Spanish)

### **San Francisco Tenant's Union**

(415) 282-6622 (recorded information)

In addition, the **SF Rent Board** offers easy to understand information about your rights under the SF Rent Control Ordinance. You can access information via phone (415) 252-4600 or web [www.ci.sf.ca.us/rentbd](http://www.ci.sf.ca.us/rentbd). Counselors are available between 9 and 12 and 1 and 4:30 M-F.

## Official Complaint

You can submit an official complaint by contacting one of the following agencies. Both can assist you by investigating, and possibly mediating, your claim.

### **SF Human Rights Commission**

(415) 252-2500

### **California Department of Fair Employment and Housing**

(800) 233-3212

## Informal Mediation

**Community Boards** (415) 552-1250 is a SF volunteer organization which helps resolve disputes and is especially good for disputes with your roommates or neighbors.

## Litigation

If your complaint is not resolved via mediation or if you chose to by-pass mediation altogether, you can sue under state law in civil court. If you can afford a private attorney, the **Bar Association of San Francisco** can provide you with attorney referrals at (415) 989-1616.

## Special Procedures for Evictions

If you are at risk for an eviction, whether it is based on a discriminatory motive or not, you should seek legal assistance. If you have received a notice (usually 30 or 3 days), you should call one of the previously listed community organizations as soon as possible. If you have received a court summons (5 days) you should immediately go to:

**The Eviction Defense Collaborative** at 433 S. Van Ness (between 15<sup>th</sup> and 16<sup>th</sup>) between 10 and noon or 1 and 3 p.m. (Mon -Fri) for help in preparing court papers and, if possible, a referral to free legal representation.

## Other Issues

As a tenant, you may need help with many other housing issues (including rental assistance, improvement pass-throughs, etc...). The previously listed organizations have information on a wide-variety of rights and responsibilities. It is always a good idea to contact them for help with any housing question as soon as possible.

<sup>1</sup> While this pamphlet is designed to highlight discrimination based on gender identity, the general legal principles and contact information included apply to many forms of discrimination.

<sup>2</sup> Property owners are excluded **if** they or a family member occupy one of the building's living units **AND** either share a kitchen or bathroom facility with the prospective tenant **or** the building contains less than three dwelling units.

*(An information and resource fact sheet by: The Employment Law Center & The Transgender Law Center)*

# APPLYING FOR ASYLUM BASED ON GENDER IDENTITY PERSECUTION

## Asylum Basics

### What is gender identity persecution?

Gender identity persecution is when someone is harmed because they are transsexual, transgender or do not conform to gender stereotypes. Persecution can include threats, attacks, beatings, forced sex, mental abuse, and severe economic harm.

### What is asylum?

Asylum is a U.S. legal mechanism for protecting immigrants who know, or believe, they will be harmed if they go back to their home countries. People who are granted asylum are allowed to stay in the U.S., get a work permit and some public benefits, and eventually apply for a green card.

### What do I need to prove to get asylum?

To qualify for asylum you'll need to prove three main things.

- (1) You are afraid someone will harm you if you return to your home country. The harm must come from your government or from a group or person that your government cannot or will not control.
- (2) Your fear is "well founded." Don't let this language worry/confuse you. It means that there is a real danger if you return to your home country.
- (3) Your fear of being harmed is based, at least in part, on your race, religion, nationality, membership in a particular social group, or your political opinion. Applicants from California have been granted asylum based on their gender identity. In these cases, the courts have seen transsexuals as a particular social group.

If you are afraid you would be harmed in your home country because you identify as transgender or transsexual or for one of the other reasons listed above, you may have a good claim for asylum.

## Preparing to Apply

### Should I apply for asylum?

Deciding whether to apply for asylum is sometimes a tough decision. If you win asylum, you will be able to stay in the U.S. and to apply for several public benefits. But, if you do not win asylum, you might eventually be ordered to leave the U.S. and return to your country. Applying for asylum if you have a weak case can be very risky. For some people, it is better if they do not apply. But, you should make this decision only after you have talked to the Asylum Program or an immigration attorney.

### How do I get legal help?

Because asylum law is confusing and because everything you tell or give to the INS may become a part of your asylum record, we strongly encourage you to talk to a lawyer before sending anything to INS. If your 1-year filing deadline is coming up or has already passed (see below), get help right now. Don't wait.

The **Asylum Program** (LCCR) is an excellent place to begin looking for a lawyer. The Program offers **free** legal help and can be reached at **(415) 543-9444**. The Asylum Program has **no** connection to INS. Everything you say to them is **confidential** and cannot be shared with the U.S. government or anyone else without your permission.

If you call the Asylum Program, they may be able to meet with you to talk about your case. The Asylum Program may be able to find you a lawyer to represent you for free. Or, the Program may give you a list of attorneys who charge lower than average fees.

The Asylum Program at the International Gay and Lesbian Human Rights Commission (IGLHRC) can also offer you a list of immigration attorneys who have handled other asylum claims based on sexual orientation, gender identity or HIV status. You can reach IGLHRC at (415) 255-8680.

If you look for legal help somewhere else, be aware that some people who say they are immigration experts are not experts and may not even be lawyers. Sometimes asylum applicants will pay a notario or paralegal to help them apply for asylum. It has been our experience that using these kinds of services is often a mistake. Many times these people can ruin your chances for asylum. If you want to use one of these businesses or think you were harmed by one of them, call the anti-fraud unit of the **Immigrant Legal Resource Center at (415) 255-9499 extension 774**.

## **The Application Process**

### **How do I apply for asylum?**

You'll need to fill out forms from the INS office and also get documents to support your case. Ideally, you'll get help from an attorney in filing your paperwork. Once you are done with the application, it must be mailed to a central INS office outside of the state.

### **What happens once I have applied?**

You will be given an interview with an asylum officer. This officer will look at your application, listen to your story, and ask you questions. In most cases, you will get a decision 2 weeks after your interview. You will be granted asylum, or your case will be sent to an immigration judge to decide.

If your case is sent to a judge, make sure to show up in court, and bring a lawyer, if possible. You will have a chance to tell your story to the judge, who can grant you asylum. If the judge does not grant you asylum, you can still appeal the judge's decision, and you are allowed to stay in the U.S. while you wait for a final decision.

### **Will I be able to get a work permit?**

It is difficult to get a temporary work permit during your application period. Most applicants do not get any kind of work permit until after they have won asylum. Simply put, if the government takes longer than 150 days to give you a final decision on your application, you will be allowed to apply for a temporary work permit while you wait for your decision.

But, if it takes longer than 150 days to decide your case because of something you did (you asked for more time or you did not show up at a hearing), you will be given a work permit only after you have been granted asylum.

### **What can I do to help my lawyer?**

The most important thing you can do is be as honest as possible. If you meet with someone from the Asylum Program or hire a private lawyer on your own, anything you say to that lawyer is confidential. That means that this lawyer is not allowed to tell this information to the U.S. government or to anyone else without your permission.

While you might be worried about how some part of your case will hurt your chances for asylum, it is best to talk to your lawyer about this. She or he may be able to calm your fears or help you think through the best way to present the information.

You should also help your lawyer get documents for your case. Some helpful documents include pictures of yourself from when you lived in your home country, a birth certificate or identity card, and letters from relatives or friends that will help prove your case. If you don't have any of these documents, don't worry. You can still win your case without them. But if you can get them, they may help.

You may also want to contact the Asylum program at IGLHRC (number above) to obtain "country packets." These packets contain information about a country's persecution of people based on sexual orientation and/or HIV status.

## Special Considerations

### 1-year Deadline

You are supposed to apply for asylum within 1 year of your last arrival in the U.S. The INS requires you to mail your application to them before the 1-year deadline. It is safest to mail it at least several weeks before the deadline. If you apply after the 1-year deadline, without a very good reason, your asylum claim can be denied.

*If you have already been in the U.S. for more than 1 year since your last arrival, you should see a lawyer right away and find out if you can still apply for asylum. Don't wait! Every day you delay may hurt your case.*

### Past Convictions for Aggravated Felonies

The INS will deny asylum to anyone who has been convicted of an "aggravated felony." Some people believe that this means a conviction for any crime. **It doesn't.** So, if you have been convicted of a misdemeanor or even a felony, you are still strongly encouraged to talk to the Asylum Program or a private attorney to see if you are still eligible for asylum or if you have other options for legally remaining in the U.S.

### Non-Asylum Options

Even if you can't get asylum, there may be other ways for you to stay in the U.S. if you fear harm in your home country. Two such ways are "Withholding of Removal" and "The Convention Against Torture."

If you missed the 1-year deadline for asylum, without a very good reason, or have been convicted of an "aggravated felony," you may be able to stay in the U.S. legally and get a work permit through either of these options. Neither of them is likely to get you all of the benefits of asylum, but both are good back-up plans if you cannot qualify for asylum. Be sure to ask an attorney for more information.

*(An information and resource publication of: The Asylum Program (LLCR) & The Transgender Law Center)*

**©Asian Pacific Islander Wellness Center**

730 Polk Street, Fourth Floor  
San Francisco, CA 94109  
Phone: (415) 292-3400  
Fax: (415) 292-3404  
[www.apiwellness.org](http://www.apiwellness.org)

**Ark of Refuge, Inc. – Transcending**

1025 Howard St (6<sup>th</sup>/Market and Mission)  
San Francisco, CA 94103  
Phone: (415) 861-1060  
[www.arkofrefuge.org](http://www.arkofrefuge.org)

Transcending provides Practical support, Peer and Treatment Advocacy services for Transgenders of color in San Francisco who are impacted by HIV/AIDS or at risk for HIV infection. They provide treatment and peer advocacy, individual counseling, referral services, a mentorship Program, HIV education & prevention, and on site medical services & pharmacy.

**The Asylum Program-Lawyer’s Committee for Civil Rights**

(415) 543-9444

The program offers free confidential, legal help and may be able to help find you a lawyer to represent you for free and has no connection to the INS

**Center for Special Problems**

1700 Jackson Street  
San Francisco, CA 94109  
Phone: (415) 292-1500  
Fax: (415) 292-2030

Public Health department mental health services for trauma survivors and perpetrators.  
Languages: Spanish and Cantonese and English.

**Community Health Advocacy Project-Bay Area Legal Aid**

50 Fell Street  
San Francisco, CA 94102  
Phone: (415) 982-1300

**♥Community United Against Violence**

160 14<sup>th</sup> Street  
San Francisco, CA 94103  
Phone: (415) 777-5500  
Fax: (415) 777-5565  
24-hour crisis line: (415) 333-HELP (4357)

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

24-hour support line for survivors of LGBT violence. Hate violence advocacy and counseling, domestic violence advocacy and counseling. LGBT sensitivity training and domestic violence education.

Populations Served: Lesbian, gay, bisexual, transgender, queer, questioning and youth.  
Languages: Spanish, Cantonese & English.

Experience with Sex Workers: Workers have undergone in-service training with St. James Infirmary. They have Sex Workers as clients and do advocacy on behalf of Sex Workers.

### **Dimensions Health Services for LGBTQ Youth**

3850 17th Street

San Francisco, CA 94114

Phone: (415) 487-7589

Appt's: (415) 478-7500, ask for Dimensions application.

E-mail: [laurie\\_lenrow@chnsf.org](mailto:laurie_lenrow@chnsf.org)

Available Services: Comprehensive primary care, psychosocial services, harm reduction, case management, psychotherapy and mental health referrals, street outreach, health education, HIV testing and counseling, transgender and intersex services, and wound care.

Populations Served: 12 -25 years only. All genders, TGBTQ and Allies, IUD's and Sex Workers.

Languages: Spanish, Portuguese & English

Experience with Sex Workers: Many of their gay male and MTF clients and some of their female clients have been or are Sex Worker. They are non-judgmental and harm reduction based and have a lot of experience with the populations that they serve.

### **©Legal Aid Society-Employment Law Center**

600 Harrison Street, Suite 120

San Francisco, CA 94107

Phone: (415) 864-8848

Fax: (415) 864-8199

TDD: (415) 593-0091

[www.las-elc.org](http://www.las-elc.org)

The Worker's Right's Clinic provides free legal help about work related concerns for low-income individuals, such as discrimination or harassment based on sexual orientation or gender identity.

### **Female to Male International (FTMI)**

160 14<sup>th</sup> Street

San Francisco, CA 94103

Phone: (415) 553-5987 (voicemail)

[www.ftmi-intl.org](http://www.ftmi-intl.org)

The largest, longest running educational organization serving FTM transgendered people and transsexual men, offering a quarterly FTM newsletter, support groups and meetings, special events and resources.

### **Free Transgender Law Clinic-NCLR & Pride Law Fund**

870 Market Street, Suite 570 (cross street is Powell)

Phone: (415) 392-6257 ext. 308

[daley@nclrights.org](mailto:daley@nclrights.org)

Provides free legal help regarding transgender issues.

### **Intersex Society of North America**

PO Box 301

Petaluma, CA 94953-0301

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

ISNA is a public awareness, education and advocacy organization which works to create a world free of shame, secrecy and unwanted surgery for intersex people. It offers a newsletter, films, information and additional resources.

**LYRIC (Lavender Youth Recreation and Information Center)**

123-127 Collingwood St  
San Francisco, CA 94114  
Phone: (415) 703-6150  
Youth Talk Line: (800) 246-pride  
Fax: (415) 703-6153  
E: [lyric@lyric.org](mailto:lyric@lyric.org)  
[www.lyric.org](http://www.lyric.org)

LYRIC provides a number of peer-led programs for gay, lesbian, bisexual, transgender, and questioning youth. They include a youth-talk line, discussion groups, a wellness program, job training, HIV prevention education, and varying after school groups.

**©Lyon-Martin Women's Health Services**

1748 Market Street, Suite 201  
San Francisco, CA 94102  
Phone: (415) 565-7667  
Fax: (415) 252-7490  
[www.lyon-martin.org](http://www.lyon-martin.org)

**©New Leaf Services**

1853 Market Street  
San Francisco, CA 94103  
Phone: 626-7000  
website: [www.newleafservices.org](http://www.newleafservices.org)

Individual and group mental health counseling for gay, bi, lesbians and transgenders.

**Pacific Center for Human Growth**

2712 Telegraph Avenue  
Berkeley, CA 94705  
Phone: (510) 548-8283  
[www.pacificcenter.org](http://www.pacificcenter.org)

The Pacific Center offers a wide range of drop-in peer support groups, including “United Genders of the Universe”, a Transgender Support Group, and a “People of Color on the FTM Spectrum” group, information and referral, sliding-scale counseling for individuals and couples, HIV services, a Youth Program, educational community outreach, a Community Resource Center, social activities and simply a safe space to be who you are.

**Progressive Martial Arts**

1138 Howard  
San Francisco, CA 94103  
Phone 415 863-4402  
[www.FightOppression.com](http://www.FightOppression.com)

Director Anne Lundbom offers full and partial scholarships to low-income families and individuals. Free martial arts classes to anyone under the age of 20! Self defense classes. Sensitivity issues for sex workers and transgendered folks.

©**Proyecto Contra Sida Por Vida**

2973 16th Street  
San Francisco, CA 94103  
Phone: (415) 864-PCPV  
Fax: (415) 575-1645

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

A sex positive, neighborhood-based, multi-member Latina/o bisexual, lesbian, transgender and gay community building organization. Our mission is to provide a safe space, programs and services that invigorate Latina/o bisexual, lesbian, transgender and gay gente in the San Francisco Bay Area.

**Transgender AIDS Advocacy Advancements Peer Project (TAAAPP)**

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

TAAAPP's aim is to provide comprehensive and compassionate peer-based services to the transgender community, especially transgenders of color who are disenfranchised. The services include, emergency housing and shelter, case-management, peer counseling and advocacy, harm reduction, domestic violence support, mental health counseling and treatment, substance use counseling, and treatment, post-prison counseling, educational/vocational training, medical services, HIV/AIDS testing and counseling, and community support.

**Tenderloin Self Help Center- Central City Hospitality House**

288 Turk Street  
San Francisco, CA 94102  
Phone: (415) 749-2100  
Fax: (415) 749-2136

The Self Help Center drop-in is a place where people can safely tend to their primary needs—escaping the cold, resting free of traffic, noise, or harassment, or just using the restroom. They have a clothing closet, and groceries are distributed weekly to homeless people and residents of the Tenderloin district.

©**St. James Infirmary**

1372 Mission Street  
San Francisco, CA 94103  
Phone: (415) 554-8494  
Hours: Thursdays, 6-9pm.

Free, drop-in Transgender health care, including hormone therapy, HIV/STD testing, peer counseling, food and clothing and referrals.

♥**TARC-Tenderloin AIDS Resource Center**

187 Golden Gate Avenue  
San Francisco, CA 94102  
Phone: (415) 431-7476  
Fax: (415) 431-3959  
Email for general information [info@tarcsf.org](mailto:info@tarcsf.org)

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

Health promotion, health services and HIV housing for tenderloin residents, breakfast, counseling groups, needle exchange, free and confidential HIV antibody testing and counseling, & a Transgender Support Group; M, T, TH 3-4:30pm.

### **Tom Waddell Health Center**

50 Ivy Street

San Francisco, CA 94102

Phone: (415) 554-2950

Fax: (415) 554-2919

Tom Waddell provides a transgender clinic Tuesdays 6:30-8pm. It includes primary medical care, hormones and social services. At the same time they host a TG Support Group to provide both support and medical care at the same time.

### **Transgender Law Clinic-(NCLR)**

870 Market Street, Suite 570

San Francisco, CA 94102

Phone: (415) 392-6257

TLP offers the following services and materials: Publications, Workshops for transgender individual, advice and counseling, public advocacy and services for lawyers regarding training and publications on trans issues.

### **Transgender Resources and Neighborhood Space (TRANS)**

1145 Bush Street, 2<sup>nd</sup> Floor (between Leavenworth & Hyde Streets)

San Francisco, CA 94109

Phone: (415) 514-0758

Fax: (415) 514-0673

Web Address: [www.caps.ucsf.edu/TRANS](http://www.caps.ucsf.edu/TRANS)

Hours: 9:00am to 6:00pm

Services include: lounge for socializing; Resource Closet (clothes, shoes, and jewelry); Showers and Toiletries for homeless transgenders; Referrals to transgender service providers as well as recovery programs; Experienced Therapist for transgender individuals; Structured clinical Support Group for both MTF & FTM transgenders.

### **Walden House-The Transgender Recovery Program**

520 Townsend Street

San Francisco, CA 94103

Phone: (415) 554-1100

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

TRP provides drug treatment and HIV/AIDS programs for male to female transgendered people of color through individual counseling, group therapy and daily drop-in support.

## TRANSPORTATION ASSISTANCE

### **Department of Motor Vehicles**

1377 Fell Street  
San Francisco, CA 94117  
Phone: (800) 777-0133

### **Municipal Railway--Regional Transit Discount Cards**

2630 Geary Blvd.  
San Francisco, CA 94115  
Phone: (415) 923-6070  
Fax: (415) 292-5531

### **Paratransit Brokers of San Francisco**

7 Freelon  
San Francisco, CA  
Phone: (415) 351-7000

Paratransit is for people who cannot use fixed route public transportation because of side effects of living with a disability. People of all ages and types of disabilities use paratransit.  
Languages: Spanish, Chinese, Vietnamese, Russian & English.

## UTILITIES ASSISTANCE

### **California Public Utilities Commission**

505 Van Ness Avenue  
San Francisco, CA 94102  
Phone: (415) 703-1170

### **Pacific Bell Universal Lifeline Service**

San Francisco, CA  
Phone: (800) 446-5651

### **Pacific Gas & Electric CARE Program**

123 Mission Street  
San Francisco, CA 94105  
Phone: (800) 743-5000

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

Provides 20% discount on energy to qualifying low or fixed income clients.  
Languages: Spanish & English.

### **Pacific Gas & Electric REACH Program**

240 Turk Street  
San Francisco, CA 94102  
Phone: (800) 933-9677

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

Languages: Spanish & English

A one-time energy relief program, for low-income clients who experience a sudden, unplanned emergency and are unable to make their monthly payment.

## VISION SERVICES

### **American Foundation for the Blind**

111 Pine Street, Suite 725  
San Francisco, CA 94111  
Phone: (415) 392-4845 or toll free: (800) 232-5463  
Fax: (415) 392-0383  
Hours: M-F, 8:30am-4:30pm

Information and referrals for local, state and national agencies and organization serving persons who are blind or visually impaired. Services free. Sign Language. Wheelchair accessible.

### **California Pacific Medical Center Eye Clinic**

2340 Clay Street  
San Francisco, CA 94111  
Phone: (415) 923-3901  
Fax: (415) 923-3945

Call for appointment times. CPMC provides comprehensive diagnostic and therapeutic services for eye problems including: cataract surgery, retina detachment repair, glaucoma filtering surgery, blepharoplasty, strabismus repair and corneal transplantation. Glasses and contacts are not dispensed.

### **Pacific Bell Accessibility Resources**

Phone: (800) 772-3140  
TTY: (800) 651-5111  
Fax: (800) 704-4636  
Hours: M-F, 8am-6pm and S, 9am-5pm.

Pacific Bell provides telephone equipment and services for individuals who are hearing impaired, disabled, and/or vision impaired.

Languages: Spanish and Sign Language available to drop-in customers. Wheelchair/restroom accessible.

### **Rose Resnick Lighthouse for the Blind and Visually Impaired**

214 Van Ness Ave  
San Francisco, CA 94102  
Phone: (415) 431-1481  
TTY: (415) 431-4572  
Fax: (415) 863-7568

Hours: M-F, 9am-5pm, call to make an appointment.

They offer adjustment services for people who are losing or have lost their vision, an adult education and recreation program that includes adult classes, circulating Braille library & referrals for counseling. They also provide orientation, mobility and independent living skills and have a technology center and computer classes.

Languages: Spanish, Tagalog, Sign Language & English.

### **San Francisco General Hospital-Eye Clinic**

1001 Potrero Ave. 4<sup>th</sup> Floor, M21  
San Francisco, CA 94110  
Phone: (415) 206-8000

Appts: (415) 206-4420 and 206-8677

Fax: (415) 206-3842

Hours: M-F 8:30am-6pm (closed 12-1pm)

Provides eye exams and prescriptions for glasses, but will not make glasses. Services include eye surgery and glaucoma/cataracts assistance. Accepts referrals for free eyeglasses for homeless patients after approval by Social Services. Fees on sliding scale.

Languages: Spanish, Cantonese, Tagalog, Vietnamese, Russian & English.

## **BAY AREA SEX WORKER ADVOCATES & ORGANIZATIONS**

### **©Annie Sprinkle**

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

Porn star, prostitute, author, performance artist and Doctor of Sexology, Annie Sprinkle's website is an informative look at the life of a Sex Worker activist. The site has links to other sex work activists.

### **©BAYSWAN (Bay Area Sex Worker Advocacy Network)**

Box 210256

San Francisco, CA 94121

Phone: (415) 751-1659

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

Carol Leigh aka "Scarlot Harlot" has been a Sex Worker activist, performer, playwright and artist since the late seventies. She is a Sex Worker and a leader in Sex Worker's right movement. Her website links to a multitude of wonderful Sex Worker resources.

### **©CAL-PEP**

Office: 1755 Broadway, Suite 501

Oakland, CA 94612

Mailing Address:

PO Box 71629

Oakland, CA 94612

Phone: (510) 874-7850

Fax: (510) 839-6775

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

E-mail: [CALPEP@aol.com](mailto:CALPEP@aol.com)

CALPEP has a wide range of services and interventions that are designed to be culturally appropriate/peer based for the populations that are served. These services include HIV/AIDS/STD education through interactive workshops, street outreach, including mobile HIV Testing and counseling, HIV peer support groups, harm reduction workshops and treatment peer advocacy.

Languages: some Spanish & English.

Experience with Sex Worker's: Extensive experience working with Sex Workers providing harm reduction and HIV/STD education.

### **©COYOTE (Call Off Your Old Tired Ethics)**

P.O. Box 210256

San Francisco, CA 94121

Phone: (415) 751-1659

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

COYOTE was founded by Margo St. James in 1973 to work for the repeal of the prostitution laws and an end to the stigma associated with sexual work.

### **©Exotic Dancers Alliance-San Francisco**

1372 Mission Street  
San Francisco, CA 94103  
[www.eda-sf.org](http://www.eda-sf.org)

Our primary objective is to support all sex industry workers by providing information, referrals and non-judgmental, empowerment-based services while collectively advocating for sufficient working conditions.

©**Exotic Dancers Union, SEIU Local 790**

3288 - 21st St., #29  
San Francisco, CA 94110-2423  
Phone: (510) 465-0122 x461  
E-mail: [fly5@mindspring.com](mailto:fly5@mindspring.com)  
[www.livenudegirlsunite.com](http://www.livenudegirlsunite.com)

The EDU supports labor organizing efforts on behalf of exotic dancers locally and nationally.

©**Good Vibrations**

1210 Valencia Street  
San Francisco, CA 94110  
Phone: (415) 974-8980  
2504 San Pablo Avenue  
Berkeley, CA 94702  
Phone: (510) 841-8987  
[www.goodvibes.com](http://www.goodvibes.com)

**SAGE Project**

1275 Mission Street  
San Francisco, CA 94103  
Phone: (415) 905-5050  
Fax: (415) 905-5054  
[www.sageprojectinc.org](http://www.sageprojectinc.org)

Services: Drug recovery and trauma reduction, case management, harm reduction and drug recovery, psychotherapy, acupuncture and herbs, peer counseling support to work within the sex industry, or to leave the industry if desired.

Populations Served: Men, women, trans-gendered individuals and girls.

Languages: Spanish, Russian, Vietnamese, Tagalog, some Chinese and English.

Experience with Sex Workers: Many of the staff are former Sex Workers and substance users. They have extensive experience with Sex Workers and a majority of their clients have been in the industry.

Internships: They have outreach worker training and internships available working in administration and with youth and adults.

©**Scarlot Harlot**

Carol Leigh aka 'Scarlot Harlot'  
PO Box 210256  
San Francisco, CA 94121  
Phone: (415) 751-1659  
E-mail: [penet@bayswan.org](mailto:penet@bayswan.org)

[www.bayswan.org/Scarlot.html](http://www.bayswan.org/Scarlot.html)

Scarlot Harlot has been a Sex Worker activist, performer, playwright and artist since the late seventies. She is a Sex Worker and a leader in Sex Worker's right movement. Her website links to other Sex Worker resources.

### ♥Sisters of Perpetual Indulgence

They say it best, "Since our founding in 1979, the Sisters of Perpetual Indulgence, Inc. have been a force for social activism in San Francisco and queer meccas throughout the world. Our common vows are to promulgate universal joy and expiate stigmatic guilt. Our shared ministry is one of public manifestation and habitual perpetration. We pledge support to our fellow sisters toward our personal and collective enlightenment."

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

To learn more about their social justice organizing and grants/scholarships, check out:

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

### ♥Spectator

5741 Doyle Street  
Emeryville, CA 94608  
Phone: (510) 849-1615

### Internet sites:

#### ♥Prostitute Education Network

[www.bayswan.org/penet.html](http://www.bayswan.org/penet.html)

The Prostitute Education Network is an online resource guide to Sex Worker political and social issues. According to the website, "The Prostitutes' Education Network is an information service about legislative and cultural issues as they effect prostitutes and other Sex Workers. The service is comprised of information for Sex Workers and activists/educators who study issues of decriminalization, human rights in the context of prostitution, violence against prostitutes and women, Sex Workers and pornography, as well as current trends in legislation and social policy in the U.S. and internationally."

#### Temple of the Goddess

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

Features women who experience sex work as a spiritual calling, and the creation of sacred sexuality. "Temple of the Goddess is dedicated to the empowerment of individuals and their personal potential as well as the healing of the planet in her entirety. The mission of Temple of the Goddess is to integrate body, mind and spirit and to promote wholeness of being."

## NATIONAL SEX WORKER ADVOCATES & ORGANIZATIONS

### Arizona

#### ♥Tucson Sex Worker Arts Festival

Phone: (520) 403-1912

Contact: Juliana Piccillo

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

In their own words, “we are on our 3<sup>rd</sup> year of presenting art, film, writing and performance made by Sex Workers. We hold workshops and community building events for the local and national Sex Worker communities. We focus on issues of health, organizing, worker safety, and increasing our visibility by forming coalitions with academics, labor groups and other supporters”.

### California

#### ©AIM Health Care Foundation

~14241 Ventura Blvd. Suite 105

Sherman Oaks, CA 91423

Phone: (818) 981-5681

Fax: (818) 981-3851

~19720 Ventura Blvd, Suite 101

Woodland Hills, CA 91364

Phone: (818) 961-0291

Fax: (818) 961-0294

<http://aim-med.org>

A non-profit corporation created to care for the physical and emotional needs of sex workers and the people who work in the Adult Entertainment Industry. They offer HIV/STD testing and treatment, counseling, and support-group programs.

#### ♥ISWFACE (International Sex Worker Foundation for Art, Culture and Education)

8801 Cedros Avenue #7

Panorama City, CA 91402

Phone: (818) 892-2029 or (818) 892-8109

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

### D.C.

#### ©H.I.P.S.-Helping Individual Prostitutes Survive

Education Empowerment Support

P.O. Box 21394

Washington, DC 20009

Phone: (202) 232-8150 or toll free: (800) 676-HIPS

Fax: (202) 232-8304

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

HIPS' mission is to assist female, male, and trans-gendered individuals engaging in sex work in Washington, DC in leading healthy lives. They offer a 24-hr hotline, an outreach program-including a mobile van, peer education, case management and assistance acquiring legal documents.

Georgia

**♥HIRE (Hooking is Real Employment)**

931 Monroe Drive, Suite 102-175

Atlanta, Georgia 30308

Phone: (404) 876-1212

E-mail: frenchdom@aol.com

Contact: Dolores French, Executive Director

Dolores French, famous prostitute, author, and performance artist, as well as one of the most outspoken women for Sex Workers' Rights now runs this talk-referral line for Sex Workers in Atlanta; they provide phone counseling and give out local referrals.

Hawaii

**Waikiki Health Center**

277 Ohua Ave.

Honolulu, Hawaii 96815-3695

Illinois

**Chicago Recovery Alliance**

400 E. Ohio Street, #3013

Chicago, IL 60611

Phone: (773) 471-0999

Fax: (773) 471-1240

Contact: Dan Bigg

Languages: Spanish & English

**Young Women's Empowerment Project (YWEP)**

2334 W. Lawrence Avenue, #209

Chicago, IL 60625

Phone: (773) 274-8684

Contact: Laura Janine Mintz

New York

**©FROST'D (Foundation for Research on Sexually Transmitted Diseases, Inc.)**

369 Eighth Avenue

New York, NY 10001

Phone: (212) 924-3733

Fax: (212) 239-0387

[www.frostd.cc](http://www.frostd.cc)

**©North American Task Force on Prostitution (NATFP)**

2785 Broadway, #4L

New York, NY 10025-2834

Phone/Fax: (212) 866-8854

E-mail: [prisjalex@earthlink.net](mailto:prisjalex@earthlink.net)

A network of Sex Workers, Sex Worker's rights projects, and allies. NATFP was founded in 1979 to act as an umbrella organization for prostitutes and prostitutes' rights organizations in different parts of the United States; in 1994, its scope was expanded to include other organizations and individuals

who support the rights of prostitutes and other Sex Workers. NTFP is coordinated by Sex Worker researcher and prostitutes' rights advocate, Priscilla Alexander.

©**Prostitutes of New York (PONY)**

Phone: (212) 713-5678

Email: [pony@panix.com](mailto:pony@panix.com)

[www.walnet.org/csis/groups/pony.html](http://www.walnet.org/csis/groups/pony.html)

PONY is a support and advocacy group for all people in the sex industry.

Oregon

**Multnomah County Health Department**

HIV & HCV Prevention

Phone: (503) 280-1611

**Needle Exchange Listing for Portland/Vancouver**

Phone: (503) 280-1611

**Portland Bad Date Line-Outside In Needle Exchange**

1132 SW 13<sup>th</sup> Avenue

Portland, OR 97205

Phone: (503) 535-0901

Started by Danzine in 1998, the PBDL was put out with the goal of collecting and circulating descriptions of violent and abusive customers in the sex industry. They put out an updated version of this list monthly. Outside In is a drop-in center, clinic and needle exchange site for street youth.

**Women's Inner-community AIDS Resource (WIAR)**

1608 SE Ankeny

Portland, OR 97214

Phone: (503) 238-4420

Fax: (503) 238-4610

WIAR provides support for women and children infected with, or affected by, HIV/AIDS. They provide and maintain prevention information, outreach, mental health services, drop-in services, care services, information and referrals, and other resources.

Pennsylvania

**Mazzoni Center-LGBT Health & Well-Being**

1201 Chestnut Street, Third Floor

Philadelphia, PA 19107

Phone: (215) 563-0652

Fax: (215) 563-0662

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

Mazzoni's interdisciplinary provider team uses a holistic approach to health care that is affordable and accessible. They offer physical exams and routine health maintenance, hepatitis screenings, vaccinations, and gynecological services.

Washington

**Bad Date Line (From Me to You-Urban League)**

2550 South Yakima

Tacoma, WA 98405  
Phone: (253) 597-6469

**Home Alive**

1122 E. Pike Street, #1127  
Seattle, WA 98122

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

Phone: (206) 720-0606

Contacts: Ronica or Cristin

A self-defense class for Sex Workers.

**New Beginnings**

PO Box 75125

Seattle, WA 98125

Crisis Line (206) 522-9472

Shelter & Advocacy: (206) 783-2848

Domestic violence shelter and community advocacy services.

**Northwest Network of Bisexual, Transgender, Lesbian and Gay Survivors of Abuse**

PO Box 20398

Seattle, WA 98102

Phone: (206) 568-7777

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

**Street Outreach Services**

Phone: (206) 625-0854

Internet sites:

©**Hookonline.org**

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

A website for men in the sex industry, updated weekly, with links to resources and information about becoming a Sex Worker.

**Magdalene Meretrix**

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

[www.realm-of-shade.com/meretrix](http://www.realm-of-shade.com/meretrix)

A sex-positive Whore, Author, and Sex Workers' Rights activist.

**Sexwork.com**

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

Produced in Phoenix, Arizona, sexwork.com promotes intimacy and positive, healthy, consenting adult sexuality. The site calls itself a sex work cyber resource and support center. The website creator promotes “Positive Intimacy and Sexuality Including Responsible Non-monogamy or Polyamory as a legitimate CHOICE for Christians and others.” (<http://www.sexwork.com>)  
dave@davephx.com

### **Whore Activist Network**

[www.Whoreact.net](http://www.Whoreact.net)

The Whore Activist Network is a website with links to sex work related sites. There is a bulletin board to exchange information with other Sex Workers. The Network is also working on a documentary in New York City.

## **INTERNATIONAL SEX WORKER ADVOCATES & ORGANIZATIONS**

### Africa

#### **DISA Sexual Reproductive Health Clinic**

E: [www.safersex.co.za](http://www.safersex.co.za)

Female health care + abortions that includes Sex Workers.

#### **Gender Project Community Law Centre**

E: [hcombrin@uwc.ac.za](mailto:hcombrin@uwc.ac.za)

#### **MESWOP (Massage, Escort & Sex Worker Outreach Project)**

PO Box 43282

Salt River, Cape Town

South Africa 7925

Phone: 011-27-21-22-1960 or 21-22-1961

Contact: Shane Petzer

#### **Network of Sex Work Projects**

P.O. Box 13914

Mowbray 7705

Rep. Of South Africa

Phone: +27 21 448 2883

Fax: +27 21 448 4347

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

#### **Sex Work Alliance of Nigeria (SWAN)-send copy**

38 Awolowo Street

P.O Box 592

Umuahia, 440001, Abia State, Nigeria

Phone: 234-88-223731

Fax: 234-88-222637

Email: [swanigeria@mail.com](mailto:swanigeria@mail.com)

[www.walnet.org/csis/groups](http://www.walnet.org/csis/groups)

National Coordinator: Chima Collins Eze

In their own words, “Ours is a non-governmental, not for profit organization working to promote and improve the health, wellbeing and human rights of sexual minorities and adult Sex Workers in Nigeria”.

#### **Sex Worker Education & Advocacy Taskforce (SWEAT)**

P.O. Box 373

Woodstock 7915

Cape Town, South Africa

Phone: 021-448-7875

[www.sweat.org.za](http://www.sweat.org.za)

SWEAT provides services which promote safer sex, health and human rights amongst sex workers and are actively advocating for the decriminalization of sex work in South Africa.

Asia/Indian Ocean

♥**Action for REACH OUT**

P.O. Box 98109  
T.S.T Post Office  
Kowloon, Hong Kong  
Phone: (852) 2770 1065  
Fax: (852) 2770 1201  
Email: afro@iohk.com

♥**Empower Foundation (Education Means Protection of Women Engaged in Re-creation)**

57/60 Tivanond Rd.  
Nonthaburi 11000  
Thailand  
Phone: 0-2526-8311  
Fax: 0-2526-3294

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

Empower is a non-profit organization offering assistance to women prostitutes and sex workers in the nightlife entertainment industry of Thailand.

**GAYa Celebes**

BTP, JIN Kejayaan Utara 2, Block L No. 293, Ujungpandang 90000 Indonesia  
Phone: + 62 31 534 4367  
Fax: + 62 31 532 2282

**GAYa NUSANTARA**

Jln Mulyosari Timur 46, Surabaya 60112 Indonesia  
Phone: + 61 31 593 4924  
Fax: +61 31 593 9070  
E-mail: GAYaNUSA@gateway.cosi.com

**Lentera, PKBI-DIY**

Jln Tentara Rakyat Mataram, Gg Kapas Badran, Yogyakarta 55231 Indonesia >  
Phone: + 62 274 513595  
Fax: 513566  
E-mail: lentera@ins.healthnet.org

**Pink Triangle**

P.O. Box 11859, 50760  
Kuala Lumpur, Malaysia  
Telephone: 03-4414699  
Fax: 03-4415699  
Contact: Khartini Dinan Slamah

**SWEETLY**

c/o Art Scape  
Yoshida Honmachi -4

Sakyo-ku Kyoto 606 Japan

**Taipei Union of Legal and Illegal Prostitutes for Self-help**

[www.walnet.org/csis/groups/nswp/tulips/index.html](http://www.walnet.org/csis/groups/nswp/tulips/index.html)

**Yayasan Abdi Asih**

Jln Dukuh Kupang Timur X/11, Sursabaya 60256 Indonesia

Phone: + 62 31 580355

Fax: 571113

**Yayasan Hotline Service Surya**

Jln Basuki Rachmat 93

Surabaya 60271 Indonesia

Phone: + 62 361 222620

Fax: + 62 361 229487

**Yayasan Citra Usadha Indonesia**

Jln Belimbing Gg Y No. 4

Denpasar 80231 Indonesia

Phone: + 62 361 222620

Fax: + 62 361 229487

**Yayasan Kerti Praja**

Jln Raya Sesetan 148

Denpasar 80223 Indonesia

Phone +62 361 223865

**Yayasan Kusuma Buana**

Jln Asem Baris Raya blok A/3

Gudang Peluru, Tebet

Jakarta Selatan, Indonesia

Phone: +62 31 829 6337

**Zi Teng**

Hong Kong Post Office Headquarters

G.P.O. Box 7450

Hong Kong

Phone: 2332 7182

Fax: 2390 4628

Email: [ziteng@hkstar.com](mailto:ziteng@hkstar.com)

<http://ziteng.org.hk/zitenge.htm>

Zi Teng is a non-governmental organization formed by people of different working experiences. They are social workers, labor activists, researchers specializing in women studies and church workers etc. who care and concern about the interest and basic rights of women. They also produce and distribute, in Chinese and English, "Things to know before you go" –a pre-departure guide for migrating to do Sex Work in East and South East Asia-it can be downloaded from their website.

Australia

**Prostitutes Collective of Victoria (PCV)**

10 Inkerman Street  
St Kilda VIC 3182  
Phone: 03-9534-8166  
Fax: 03-9525-4492  
E: [pcv@paradigm4.com.au](mailto:pcv@paradigm4.com.au)  
Contact: Karen Sait

**Scarlet Alliance**

PO Box 76  
Red Hill ACT 260  
Australia  
Phone: +61-2-6239-6098  
Fax: +61-2-6239-7871  
E-mail: [scarlet@dynamite.com.au](mailto:scarlet@dynamite.com.au)  
[www.freespeech.org/scarlet](http://www.freespeech.org/scarlet)  
National Forum for Sex Worker Rights Organizations.

**South Australian Sex Industry Network (SASIN)**

PO Box 7072  
Hutt Street  
SA 5000  
Phone: 08-8362-5775  
Cell: 04-7725-5783  
Fax: 08-8363-1046  
E: [sin@chariot.net.au](mailto:sin@chariot.net.au)  
[www.angelfire.com/on2/sin](http://www.angelfire.com/on2/sin)

Provides information, referral, and support on legal, health, HIV/STD prevention, financial and employment issues. SIN and friends are also pressuring for progressive prostitution law reform in South Australia.

**©Sex Workers Outreach Project (SWOP)**

PO Box 1354  
Strawberry Hills  
NSW 2012 Australia  
Phone: 612 9319 4866  
Fax: 612 9310 4262  
E-mail: [info@swop.org](mailto:info@swop.org)  
[www.swop.org.au](http://www.swop.org.au)

SWOP focuses on safety, dignity, diversity and the changing needs of sex industry workers industry (female, male, or transgender), to foster an environment which enables and affirms individual choices and occupational rights.

**W.I.S.E in the ACT (Workers in Sex Employment)**

PO Box 67,  
BRADDON ACT 2601  
Phone: (02) 6247-3443

Fax: (02) 6247 3446

E-mail: [sera@spirit.com.au](mailto:sera@spirit.com.au)

[www.bayswan.org/wise.html](http://www.bayswan.org/wise.html)

Workers In Sex Employment (WISE) in the ACT Inc. is a community based organization that delivers peer education and support to sex workers and their clients in the ACT.

Belgium

**PAYOKE**

Zirkstraat 27 2000

Antwerpen, Belgium

Fax: 011-32-3-14 14 31

Canada

**AQTS, Association des Travailleuses et Travailleurs du Sexe**

4569 Mentana #5

Montreal, PQ

H2J 3B7 Canada

Phone: (514) 527-5320

Contact: Claire Thibeault

©**Exotic Dancers Alliance, Toronto**

Box 96, Station B

Toronto, ON M5T 2T3

Phone: +1 (416) 410-2958 or toll free: +1 (877) 228-8666

Email: [exoticdancersalliance@hotmail.com](mailto:exoticdancersalliance@hotmail.com)

The Exotic Dancers' Alliance is a collective of current and former exotic dancers, organizations, and individuals assisting female exotic dancers to achieve a better quality of life.

**DEYAS (Downtown Eastside Youth Activities Society)**

223 Main Street

Vancouver, BC V6A 2S7

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

**London Alliance to Support Sex Trade (LASST)**

London, Ontario

Phone: (519) 438-2272

**Maggie's Toronto Prostitutes' Safe Sex Project**

Mailing: P.O. Box 82527

Cabbagetown Post Office

422 Parliament St.

Toronto, ON M5A 4N8 298

Street: 298 Gerrard St. East, 2nd Floor

Phone: (416) 964-0150

Fax: (416) 964-9653

Email/Courriel: [maggies@ica.net](mailto:maggies@ica.net)

Provides education and support to assist sex workers in their efforts to live and work with safety and dignity. Provides information about health promotion, AIDS and STD prevention, Canadian law, and dangerous clients to sex workers.

### **Montreal Coalition for the Rights of Sex Workers**

Montreal, Quebec

Phone: (514) 285-8889

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

The Coalition for the Rights of Sex Workers was founded in 1996 by sex workers, former sex workers and allies. They are part of the international struggle for the rights of people in the sex trade and for the decriminalization of our lives and our work

### **Sex Workers Alliance of Halifax (SWAH)**

287 Lacewood Drive, Unit 103-147

Halifax, NS B3M 3Y7 Canada

Phone (902) 457-0970

### **Sex Worker's Alliance of Niagra (SWAN)**

Phone: (905) 353-8367

Pager: (905) 322-0419

E-mail: [Lcorn35516@aol.com](mailto:Lcorn35516@aol.com)

### **Sex Worker's Alliance of Toronto (SWAT)**

898 Kingston Rd. #2

Toronto, ON M4E 1S5 Canada

Phone: + 1 (416) 699-932

Phone: +1 (416) 921-SWAT

[www.walnet.org/csis/groups/swat](http://www.walnet.org/csis/groups/swat)

[Sex workers right group-they put out a bad date sheet.](#)

### **Sex Workers Alliance of Vancouver**

3075-349 W. Georgia

Vancouver, BC V6B 3X6

Phone: (604) 488-0710

E-mail: [swav@walnet.org](mailto:swav@walnet.org)

[www.walnet.org/swav](http://www.walnet.org/swav)

The Sex Workers Alliance of Vancouver was founded in 1994 to fight for Sex Workers' rights to fair wages and working conditions that are safe, clean and healthy. SWAV provides information about sex work as it relates to laws, sexual health, commerce and culture.

### **Sex Work, Education, Advocacy & Research (SWEAR)**

3075-349 W. Georgia Street

Vancouver, BC V6B 3X6

### **©Stella-“Making space for working women”**

Mail: C.P. 989

Succ. Desjardins

Montréal, Québec H5B 1C1

Drop-in: 2033 St. Laurent  
Phone: (514) 285-8889  
Fax: (514) 285-2465  
Email: [stella@cam.org](mailto:stella@cam.org)  
[www.walnet.org/csis/groups/stella/index.html](http://www.walnet.org/csis/groups/stella/index.html)

Stella is a community-based resource for women, transvestites and transsexuals who work in the sex industry, they also put together a bad trick list and a magazine called ConStellations.

©**WISH-Drop-In Centre Society**

515-119 W Pender St.  
Vancouver, Canada V6A 1S5  
Phone: (604) 669-WISH  
Fax: (604) 669-9479  
[www.wish-vancouver.net](http://www.wish-vancouver.net)

Czech Republik  
**Roskoz Bez Rizika**

Bolzanova 1  
11000 Praha  
Czech Republik  
Phone: +420(2) 24234453  
E: [rozkos@volny.cz](mailto:rozkos@volny.cz)  
Contact: Hana Malinova

**La Strada**

P.O. Box 305  
111 21 Praha 1  
Czech Republik  
Phone/fax: +420(2) 627 22 21  
E: [lastrada@ecn.cz](mailto:lastrada@ecn.cz)

France

**Cabiria**

Po Box 1145  
F-69203 Lyon Cedex 01  
France  
Phone : + (33) 4 78 30 02 65  
Fax : + (33) 4 78 30 97 45

Since 1993, Cabiria has been developing a community health program in collaboration with prostitutes. They work on preventing STDs, HIV, hepatitis and drug addiction (through risk reduction), and also on gaining access to health services and fundamental rights.

Germany

**Bathseba**

Steinwegpassage 42 A  
38100 Braunschweig, Germany

Phone: 0531/ 4 44 71

**Cafe Spare**

Schillerstr. 69  
34117 Kassel, Germany  
Phone: 0561/ 770 775

**Callboy's Organizations**

Querstrich Auguststr. 84,  
10117 Berlin, Germany  
Phone: 090/208 74 19

**Callboy's Organizations**

Strichweise Heiter  
c/o Basisprojekt  
Hamburg St. Georg-Kirchhof 26  
2009 Hamburg, Germany  
Phone: 040/24 96 94  
Fax: 040/280 26 73

**Cinderella**

Postfach 10 18114  
40009 Düsseldorf, Germany  
Phone: 0211/899 65 90

**HWG**

Karlsruher Str. 5  
60329 Frankfurt, Germany  
Phone: 069/ 25 27 42  
Fax: 069/ 25 03 31  
Contact: Christine Drossler

**Hurenselbst-hilfe**

Saabrucken Forsterstr. 39  
66125 Saabrucken, Germany  
Phone: 0681/ 38 85-286

**Horizonte e. V**

Archiv und Dokumentationszentrum für Prostitution  
Postfach 30 35 53  
10727 Berlin, Germany  
Phone: 030/218 55 16

**HYDRA**

Rigaer Strasse 3  
10247 Berlin, Germany  
Phone: 030/707-4723  
Contact: Monika Hoffman

**Kassandra**

Kopernikusplatz 12  
90459 Nurnberg, Germany  
Phone: 0911/44 28 89

**Madonna**

Gubstahlstrasse 33  
44793 Bochum, Germany  
Phone: 07000-623 66 62  
Fax: 0700-623 666 23 29  
[www.madonna-ev.de](http://www.madonna-ev.de)

**Nitribitt**

Stader Str. 1  
28205 Bremen, Germany  
Phone: 0421/ 44 86 62

**Nutten & Nuttchen**

Fredericiastr. 14  
14059 Berlin, Germany  
Telephone: 030/ 302 22 53  
Contact: Barbara Merzinger

**Phoenix e. V**

Postfach 47 62  
Bergmannstr. 3  
30159 Hannover, Germany  
Phone: 0511/1 46 46

**Straps & Grips**

c/o Aids Hilfe  
Herwarthstr. 2  
48143 Munster, Germany  
Phone: 0251/4 30 31

India**©Durbar Mahila Samanwaya Committee or (DMSC)****Durbar Women's Collaborative Committee**

8/2, Bhawani Dutta Lane  
Calcutta-700 073, India  
Phone: +91-33-241-6200  
Fax: +91-33-241-6283

Email: [sjana@giasc101.vsnl.net.in](mailto:sjana@giasc101.vsnl.net.in)

<http://members.tripod.com/~subratosensharma/jana.html>

In July 1995, a group of sex workers from Sonagachi, one of the oldest and largest red-light areas of Calcutta, set up DMSC to create solidarity and collective strength among a larger community of sex

workers in order to demand decriminalization of adult sex work and secure the right to form a trade union.

©**Sex Workers' Forum of Kerala**

Kerala Convent Road  
Vanchiyoor Post  
Trivandrum, South India  
Phone: +91 + 471 + 368142  
[swfk@asianetindia.com](mailto:swfk@asianetindia.com)

Italy

©**Committee for Civil Rights of Prostitutes-Comitato per i Diritti Civili delle Prostitute**

Casella Postal 67  
Pordenone 33170  
Italy  
Telephone: +39 0434646769  
Fax: +39 0434646678  
Contact(s): Pia Covre  
[www.luccioleonline.org](http://www.luccioleonline.org)

Co-founded by Carla Corso-a famous Italian Prostitute-in 1982, this organization seeks to provide social protection to prostitutes wishing to transition out of sex work; to back those who continue with their “street” work, and “most importantly provoke and enhance positive public debate on prostitution as a job and its social inclusion without intolerance and discrimination”.

Netherlands

**European Network Male Prostitution**

Stadhouderskad 159  
1074 BC Amsterdam  
Phone: +31 (0)20 6721192  
Fax: +31 (0)20 6719694  
[www.enmp.org](http://www.enmp.org)

**Mr. A. de Graaf Stichting Institute voor Prostitutie**

Westermarkt 4  
1016 DK Amsterdam  
Phone: +31 (0)20-624 71 49 or +31 (0)20-620- 25 93  
Fax: +31 (0)20-624-6529  
Contact: Jan Visser  
[www.mrgraaf.nl](http://www.mrgraaf.nl)

**Prostitution Information Centre (PIC)**

Enge Kerksteeg 3  
1012 AV Amsterdam  
Phone: +31 (0)20-420 73 28

[www.pic-amsterdam.com](http://www.pic-amsterdam.com)

The PIC can be found in the middle of the Red Light District. In the PIC you will find a lot of information on prostitution. They have leaflets, magazines and books. The PIC also sells condoms, lubricants and other items, including souvenirs.

**TAMPEP International Foundation (Transnational AIDS/STD Prevention Among Migrant Prostitutes in Europe Project)**

Westermarkt 4

1016 DK Amsterdam

Phone: +31 (0)20 624 71 49

Fax: +31 (0)20 624 65 29

E: [tampep@xs4all.nl](mailto:tampep@xs4all.nl)

[www.xs4all.nl/~mrgraaf/tampepeframe.htm](http://www.xs4all.nl/~mrgraaf/tampepeframe.htm)

TAMPEP is a European project that combines research and active intervention, with the direct involvement of sex workers. It is a model of intervention, reaching more than 20 different nationalities of women and transgender people from Central and Eastern Europe, South East Asia, Africa and Latin America

Latin America

**The Red Thread (Stichting de Rode Draad)**

Kloveniersburgwal 47

1011 BX Amsterdam

Phone: +31-(0)20-624-3366

Fax: +31-(0)20-620-0383

[www.roderaad.nl](http://www.roderaad.nl)

New Zealand

**New Zealand Prostitutes Collective (NZPC)**

P.O. Box 11-412

Wellington, NZ

Phone: +64-4-382-8791

Fax: +64-4-801-5690

E-mail: [pcdp@globe.co.nz](mailto:pcdp@globe.co.nz)

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

An organization of current and past sex industry workers that seeks an environment that supports the rights of sex industry workers. NZPC lobbies for the repeal of prostitution laws in accordance with the models of decriminalization. They have drop-in centers throughout New Zealand, in Auckland, Tauranga/Waikato, Taranaki/New Plymouth, Hawkes Bay, Palmerston North, Christchurch and Dunedin.

Poland

**Tada**

Ul. Malkowskiego 9/2

70-305 Szczecin

Poland

Phone: +48 91 433 44 58

E: [tada@free.ngo.pl](mailto:tada@free.ngo.pl)

[www.tada.pl](http://www.tada.pl)

**Parasol**

Sw.Katarzyny 3

31 063 Krakow

E: [beatas@monar.krakow.pl](mailto:beatas@monar.krakow.pl)

Poland

Scotland**Harm Reduction Team, The Exchange**

Phone: 0131 537 8300

**Scot-PEP**

50 Coburg Street

Edinburgh EH6 6HE

Scotland

Phone: +44 131 622 7550

Fax: +44 131 622 7551

A group for/by Sex Workers with needle exchange van and bad date sheet.

Slovak Republic**Odysues**

Ukrajinska 10

83102 Bratislava

Phone: +421(0)2-524 94 344

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**Prima**

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### **Red de Trabajadoras Sexuales de Latinoamerica y el Caribe**

[www.redtralsex.org.ar](http://www.redtralsex.org.ar)

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### **Aspasie**

36, rue de Monthoux  
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Contact: Mireille Rodeville  
[www.prevention.ch/aspasie.htm](http://www.prevention.ch/aspasie.htm)

Pour toutes les personnes prostituées ou concernées par la prostitution.

### **Centre de Documentation International dur la Prostitution**

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### **♥FIZ International Network**

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E-mail: fiz-mail@access.ch

An information center for women migrating within the countries of Asia, Africa and Latin America.

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**Central London Action on Street Health (CLASH)**

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Phone: 0171 734 1794  
Drop in for Sex Workers, youth, women and queer folk.

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E-mail: ana@iusw.org  
[www.iusw.org](http://www.iusw.org)

They put out a ‘zine called “RESPECT!”

**London Centre for Personal Safety-Praed St. Project**

Phone: 0171-725-1549

©**Network of Sex Work Projects**

54 Bryantwood Road  
London N77BE UK  
Phone/Fax: 44-71-609-0112  
Contact(s): Cheryl Overs

**Outsiders** (for disabled people)

O. Box 4ZB London, England W1A 4ZB  
Telephone: 071 739 3195  
Contact(s): Dr. Tuppy

**Women’s Resource Center**

Phone: 0171-405-4045

Internet Sites:

**Femmigration**

[www.femmigration.net](http://www.femmigration.net)

A website offering an easily accessible and easily comprehensible explanation of the most important legal information concerning trafficking in women, and concerning migration to the sex industry in the EU.

**Missingpeople.net**

[www.missingpeople.net](http://www.missingpeople.net)

Missingpeople.net documents violence against Sex Workers in Vancouver BC, with links to news articles and stories about missing Sex Workers.

**Sex Workers International Media Watch**

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

The Sex Worker's International Media Watch observes and responds to media when Sex Workers' are represented. The website has resources and a media guide for Sex Workers who want to effectively communicate with the media.

More Internet Sites to check out:

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

[sexworkercooperative.htm](http://sexworkercooperative.htm)

[www.thai.net/gaatw](http://www.thai.net/gaatw)

[www.medadvocates.org/disenfranchised/sexworkers/csw.htm](http://www.medadvocates.org/disenfranchised/sexworkers/csw.htm)

[www.sexpert.fi/pro/link/org.html](http://www.sexpert.fi/pro/link/org.html)

[www.popcouncil.org/horizons/projectsasia.html](http://www.popcouncil.org/horizons/projectsasia.html)

[www.saathii.org/hiv\\_services/sexworkers.html](http://www.saathii.org/hiv_services/sexworkers.html)

[www.walnet.org/csis](http://www.walnet.org/csis)

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