

# TRANS THRIVE

**January 2011**  
**815 Hyde St., 2nd Floor**  
**415-409-4101 - [www.transthive.org](http://www.transthive.org)**



**ASIAN & PACIFIC ISLANDER WELLNESS CENTER**

| Sun | Mon | Tue  | Wed                                      | Thu   | Fri   | Sat   |
|-----|-----|--|--|---|---|---|
|     |     |  |  |   |   | 1<br><b>CLOSED</b>  |
| 2   | 3   | 4<br>3-5PM Moving Beyond Shame, Part 3<br>6-7:30PM Transmasculine Group  | 5<br>6:30-8PM PM FTMS of Color Group     | 6<br>2-5PM Acupuncture<br>3-4PM Healthy You<br>5-6:30PM Healthy Relationships   | 7<br>1-5PM Therapy<br>2-3PM Ladies who Lunch<br>3-5PM Bingo with Melissa  | 8<br>2-5PM Needle Exchange<br>3-5PM Grupo Latino<br>3-5PM Tranzotica<br>10PM tm4m Cruising Night @ Bearracuda (Club Eight, 1151 Folsom) |
|     |     | 11<br>3-5PM Moving Beyond Shame, Part 3<br>6-7:30PM Transmasculine Group | 12<br>5-7PM Trans-Spirituality Gathering | 13<br>2-5PM Acupuncture<br>3-4PM Healthy You<br>6-7:30PM Transfeminine Group<br>7:30-9PM tm4m Movie Night @ Eros (2051 Market St, SF) | 14<br>1-5PM Therapy<br>2-3PM Ladies who Lunch<br>3-5PM Movie Night        | 15<br>2-5PM Needle Exchange<br>3-5PM Grupo Latino<br>3-5PM Tranzotica: Color of Dreams  |
| 6   | 17  | 18<br><b>CLOSED!</b>   | 19<br>5:30-7PM Partners Group            | 20<br>2-5PM Acupuncture<br>3-4PM Healthy You  | 21<br>1-5PM Therapy<br>2-3PM Ladies who Lunch<br>3-5PM Bingo with Melissa | 22<br>2-5PM Needle Exchange<br>3-5PM Grupo Latino<br>3-5PM Tranzotica   |
| 23  | 24  | 25<br>3-5PM Moving Beyond Shame, Part 3<br>6-7:30PM Transmasculine Group | 26<br>5-7PM Trans-Spirituality Gathering | 27<br>2-5PM Acupuncture<br>3-4PM Healthy You<br>7-9PM tm4m Let's Talk About Sex! @ Eros (2051 Market St, SF)                          | 28<br>1-5PM Therapy<br>2-3PM Ladies who Lunch<br>3-5PM Movie Night        | 29<br>2-5PM Needle Exchange<br>3-5PM Grupo Latino<br>3-5PM Tranzotica   |
| 30  | 31  |  |  |   |   |   |

**DROP-IN HOURS**  
**Tues, Thurs, Fri & Sat**  
**2-5PM**

**Come chat with friends, meet new people, treat yourself to the respect you deserve.  
Our drop-in center has a shower, computer lab, clothing closet, library & more.**

**Our weekly and monthly events:**

- Acupuncture:** Come in for free drop in acupuncture appointments.
- ATE:** A drop-in group for Asian & Pacific Islander transgenders. We provide light dinner and healthy discussions of topics and issues that are relevant to Asian & Pacific Islander transgenders. NEW Series of creative workshops for TG's coming in September, For info, contact [crystal@apiwellness.org](mailto:crystal@apiwellness.org)
- Community meeting:** Monthly opportunity for clients, community members, volunteers, and staff to discuss the TRANS: THRIVE program.
- Día Latino:** Practica tu ingles con gente de ambiente y relajense con una película y postre. Es tu día!
- FTMs of Color Group:** A group for female-to-male spectrum people who also identify as people of color.
- Tranzotica:** A discussion group for transgender people of color.
- HIV Testing:** AHF offers free HIV testing Saturdays 4-8PM.
- Healthy You:** A group for all trans & gender non-conforming folks to share ways to take care of yourself, featuring a different health topic each week.
- Ladies Who Lunch:** A peer-led support group, with a light homemade lunch. We play Bingo and offer prizes every other week. Open to all.
- Massage:** This service is temporarily discontinued. Please check our next schedule.
- Mental Floss:** A therapist-led check-in group focused on topics like depression, anxiety, bipolar and more.
- Movie Night:** Watch a movie and enjoy a facilitated discussion with your peers. We'll bring the snacks. Open to all.
- Needle Exchange:** Get free clean needles (hormone and IV) in exchange for your old ones.
- Therapy:** We collaborate with New Leaf and Castro/Mission Health Center to bring you FREE one-on-one therapy here at TRANS: THRIVE. Contact Niko ([niko@apiwellness.org](mailto:niko@apiwellness.org)) for information on how to sign up.
- tm4m:** A group for transmen who play with men (or want to...) and the guys who play with them. Come to our events the 2nd (7:30-9PM) and 4th (7-9PM) Thursday of each month from at Eros, 2051 Market Street, SF,CA.
- Transmasculine Group:** This is group is for female-to-male (FTM) people and anyone else labeled female or intersex at birth who identifies on the transmasculine spectrum.

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**HIGHLIGHTS FOR JANUARY!!!!**  
*(see reverse for dates & times)*  
 • **tm4m Cruising Night:** Are you a transguy, or into transguys? Want to make some new friends, or maybe even find Mr. Right (or Mr. Right Now)? Meet us and lots of cute bears at Berracuda.  
 • **Moving Beyond Shame, Part 3:** Our fabulous peer leader is back to take us on another 5 week journey of healing, conversation and community building.  
 • **tm4m: Let's talk about Sex!** Help tm4m kick off the New Year right, and come talk about sex with us. Have an awesome sex story or tip to share? Bring it! Let's have some fun. Topics wide open, come prepared to chat it up.  
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