

# TRANS THRIVE

## January 2010

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  |
|--|-----------|--|---|--|--|--|
|  |           |  |   |  | <b>1</b><br><b>CLOSED</b>  | <b>2</b><br><b>CLOSED</b>  |
| <b>3</b>                                     | <b>4</b>  | <b>5</b><br>1-5PM Therapy<br>6-7:30PM FTM Group                                    | <b>6</b>  | <b>7</b><br>2-5PM Acupuncture & Massage<br>3-4PM Healthy You: Cooking Series                             | <b>8</b><br>1-5PM Therapy<br>2-3PM Ladies who Lunch<br>3-5PM Movie Night:: Inglorious Bastards     | <b>9</b><br>2-3PM ESL Class<br>2-5PM Needle Exchange<br>3-5PM Grupo Latino<br>3-5PM Tranzotica w/TLC: Housing Workshop |
|  |           | <b>12</b><br>1-5PM Therapy<br>3:30-4:45PM Mental Floss<br>6-7:30PM FTM Group       | <b>13</b><br>5-7PM Trans-Spirituality Gathering | <b>14</b><br>2-5PM Acupuncture & Massage<br>3-4PM Healthy You: Cooking Series                            | <b>15</b><br>1-5PM Therapy<br>2-3PM Ladies who Lunch<br>3-5PM Movie Night:: Pulp Fiction           | <b>16</b><br>2-3PM ESL Class<br>2-5PM Needle Exchange<br>3-5PM Grupo Latino<br>3-5PM Tranzotica                        |
| <b>17</b><br>2-4PM<br>FTMS of<br>Color Group | <b>18</b> | <b>19</b><br><b>CLOSED</b>   | <b>20</b>                                       | <b>21</b><br>2-5PM Acupuncture & Massage<br>3-4PM Healthy You: Cooking Series                            | <b>22</b><br>1-5PM Therapy<br>2-3PM Ladies who Lunch<br>3-5PM Movie Night:: Purple Rain            | <b>23</b><br>2-3PM ESL Class<br>2-5PM Needle Exchange<br>3-5PM Grupo Latino<br>3-5PM Tranzotica                        |
| <b>24</b>                                    | <b>25</b> | <b>26</b><br>1-5PM Therapy<br>3:30-4:45PM Mental Floss<br>6-8PM Trans Parent Panel | <b>27</b><br>5-7PM Trans-Spirituality Gathering | <b>28</b><br>2-5PM Acupuncture & Massage<br>3-4PM Healthy You: Cooking Series<br>7-9PM tm4m Speed Dating | <b>29</b><br>1-5PM Therapy<br>2-3PM Ladies who Lunch<br>3-5PM Movie Night:: Little Shop of Horrors | <b>30</b><br>2-3PM ESL Class<br>2-5PM Needle Exchange<br>3-5PM Grupo Latino<br>3-5PM Tranzotica                        |
| <b>31</b>                                    |           |  |   |  |  |  |

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

# What's Happening @ TRANS:THRIVE

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:

- Community meeting:** Monthly opportunity for clients, community members, volunteers, and staff to discuss the TRANS: THRIVE program. A light lunch is provided.
- Día Latino:** Practica tu ingles con gente de ambiente y relajense con una película y postre. Es tu día! **Includes free English classes.**
- FTM 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.
- FTMs of Color Support 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. Asian, Pacific Islander, Native American, African American, multiracial-, and other-identified folks welcome!
- HIV Testing:** AHF offers free HIV testing Saturdays 4-8PM.
- The 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.
- 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 transgender clients and guests.
- 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.
- tm4m:** A group for transmen who play with men (or want to...) and the guys who play with them. Come to our events the 4th Thursday of each month from 7-9PM at Eros, 205 I Market Street, SF,CA.

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★  
★ **HIGHLIGHTS FOR JANUARY!!!** ★  
★ **(see reverse for dates & times)** ★  
★  
★ • **TLC Housing Workshop:** Come join ★  
★ us for a joint event with TLC and ★  
★ Tranzotica. Learn about your housing ★  
★ rights and options. ★  
★  
★ • **tm4m Speed Dating:** Come meet and ★  
★ flirt with some cute guys and at our ★  
★ speed dating event for all male identified ★  
★ folks. Contact tm4msf@gmail.com for ★  
★ more info. ★  
★  
★ • **Trans Parent Panel:** Thinking about ★  
★ having children? Come discuss issues ★  
★ affecting transfolks and parenting. ★  
★  
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