

2025 CASC GROUP SCHEDULE



Groups in grey bubbles are on Zoom.
Groups in green are in-person at the CASC.

564 6th Street
San Francisco CA 94103

To join a referral-based group, contact:
westley.rutter@ucsf.edu

Monday	Tuesday	Wednesday	Thursday	Friday
	Yoga & Meditation 8:30-9:30AM	Running & Walking Club 8:30-9:30AM		
STOP 10-11:30AM (referral-based)	STOP 10-11:30AM (referral-based)	STOP 10-11:30AM (referral-based)	STOP 10-11:30AM (referral-based)	STOP 10-11:30AM (referral-based)
Healthy Relationships 1-2PM (referral-based)	Thinking for a Change 12-1PM	Conexión Latina 11AM-12PM	Semillas a Flores 11AM-12PM	CASC Out! Community Activities 12-1:30pPM
Job Club 2-3PM	Anger Management 1-2PM (referral-based)	Music Group 11:30AM-1PM	Managing Your Emotions 1-2PM	
Alcoholics Anonymous 3-4PM	Solutions for Women 6:30-8PM	Anger Management 1-2PM	Sister's Circle 3-4PM	Changing Your Mind 2-3:30PM

UA TESTING SCHEDULE: TUE 1-4PM
FRI 1-3PM

HSA Benefits Enrollment: Onsite every Wednesday 9AM-4PM
Drop-In APD Housing Intakes every Wednesday 9AM-12PM

TABLE OF SERVICES Groups/Classes



STOP *

STOP (Substance Treatment Outpatient Program) is an SUD treatment program that is specialized in co-occurring mental health issues. Targeted, structured daily groups occur daily.

Eligibility: *Anyone justice involved, SFAPD clients prioritized*

Schedule: Mon-Fri 10:00am-11:30 am

* Intake required

Contact: Westley Rutter at
westley.rutter@ucsf.edu/415-489-7309

Anger Management

Cognitive behavioral therapy to improve emotion regulation, communication, and relaxation, and develop coping tools for anger.

Eligibility: Any Justice involved clients with a referral only *

Schedule: Tue 1:00pm - 2:00pm VIA ZOOM

Wed 1:00pm-2:00pm **IN PERSON**

Contact: Westley Rutter at
westley.rutter@ucsf.edu/415-489-7309

Conexión Latina Group

Support and skill-based group for individuals who are monolingual or wish to engage in a Spanish process group. Offering resources in the Latino community.

Eligibility: Any justice-involved adults in San Francisco.

Schedule: Wednesday: 11am-12pm VIA ZOOM

Contact: Westley Rutter at
westley.rutter@ucsf.edu/415-489-7309

Managing Your Emotions/DBT Skills **IN PERSON**

A skill-building group for those who struggle with mood regulation. Clients learn how to effectively express and manage emotions, build and maintain healthy relationships, and reduce problematic behaviors.

Eligibility: *Any justice-involved adults in San Francisco.*

Thursday: 1:00 pm -2:00 pm

Contact: Westley Rutter at
westley.rutter@ucsf.edu/415-489-7309

AA GROUP

Alcoholics Anonymous Group

To all who have a desire to recover from alcoholism. Attendance will only be taken for those who request it.

Eligibility: *OPEN TO ALL*

Schedule: Monday: 3pm - 4pm via Zoom

Contact: William Franklin at
william.franklin2@ucsf.edu |

(415) 710-1349

Changing Your Mind **IN PERSON**

Changing Your Mind is a cognitive behavioral therapy group for clients with mental health disorders. Clients learn how to work with their thoughts, feelings, and behaviors in ways that can help them change their lives

Eligibility: Any justice-involved adults
Fri 2-3:30

Contact: Westley Rutter at
westley.rutter@ucsf.edu/415-489-7309

Healthy Relationships

Clients focus on the importance of effective communication, the characteristics of unhealthy relationships, and factors that influence everything between.

Eligibility: *Any justice-involved adults in San Francisco. referral needed*

Schedule: Monday: 1-2pm via Zoom

Contact: Westley Rutter at
westley.rutter@ucsf.edu/415-489-7309

Running & Walking Club **IN PERSON**

Inspired by the award-winning film **26.2 to Life** about San Quentin's 1000 Mile Running Club. Start your Wednesday morning with a jog and end with breakfast at the CASC. All levels/experiences welcome.

Eligibility: Any justice-involved adults in San Francisco

Schedule: Wednesday: 8:30-9:30am
Contact: westley.rutter@ucsf.edu

SEMILLAS a FLORES **IN PERSON**

Semillas a Flores, or "Seeds to Flowers," is an advanced Spanish outpatient, in-person group that follows a culturally relevant curriculum, incorporating DBT, focused on personal and emotional development.

Eligibility: Any justice-involved adults
Schedule: Thursday: 11am-12pm
Contact: Westley Rutter at
westley.rutter@ucsf.edu/415-489-7309

TABLE OF SERVICES **Groups/Classes (Continued)**



Yoga & Meditation Group **IN PERSON**

Clients will use meditation/yoga to calm the body and mind, increase mobility, sleep better, and feel more balanced and comfortable in their skin. This is a gentle practice open to all bodies and abilities. Leave feeling peaceful and relaxed.

Eligibility: All are welcome.
Schedule: Tue 8:30-9:30am
Contact: Westley Rutter at westley.rutter@ucsf.edu/415-489-7309

Music Group **IN PERSON**

A therapeutic, collaborative skill-building group. Clients learn to manage stress, communicate creatively, and enhance their sense of self-competence through audial sensory exploration and experimentation. Create songs, music videos, podcasts and collabs through online music recording studios/audio workstations.

Eligibility: All are welcome.
Schedule: Wed 11:30am-1pm
Contact: Westley Rutter at westley.rutter@ucsf.edu/415-489-7309

CASC Out! Community Recreation & Activities **IN PERSON**

An indoor/outdoor activities group that promotes physical movement, wellness, and community connection. Join us for weekly walks, movies, museums, parks, cultural events, ferry trips, and sports games.

Contact Willy Franklin at 415-710-1349
Eligibility: All are welcome.
Schedule: Fridays: 12pm-1:30pm

Thinking for a Change (T4C) **IN PERSON**

Cognitive-behavioral change model to increase awareness that thinking controls behavior. Learning skills to replace past risk thinking with new, pro-social thinking to eliminate or minimize negative consequences.

Eligibility: Any justice-involved Adults in San Francisco.
Tuesdays: 12-1pm
Contact: Westley Rutter at westley.rutter@ucsf.edu

Sister's Circle

The program is designed to educate and empower women to move to the next level of Recovery. To overcome the barriers of Homelessness, Domestic Violence, Substance Abuse and chronic illnesses.

Eligibility: Any justice-involved adults in San Francisco.
Schedule: Thursday 3pm-4pm via Zoom
Contact: Ashley Ballard @ 209-261-2109

Solutions for Women

Solutions for Women is a women's empowerment group. We have been around since 2013 and welcome all to attend.

Eligibility: All are welcome.

Zoom Meeting ID: 211 052 282
Zoom Meeting Password: 711 010

Schedule: Tues 6:30-8pm
Contact: Deborah Turner @ 415-871-4647

TABLE OF SERVICES

CASC Onsite Services & Resources

Employment Services

CASC/Goodwill:
Employment Services Employment
program inclusive of job-readiness
workshops, job search and placement
services, and access to vocational training
opportunities.

Eligibility: Any justice-involved adults in
San Francisco.
Contact: Jermila McCoy (Goodwill) at 415-
691-7114

Education

Five Keys Charter School Classes provided
to obtain a GED or high school diploma, as
well as in literacy, math, and art. Course
available to acquire a Food Handler card
required for employment in food services.

Eligibility: Any justice-involved adults in San
Francisco.
Mon-Fri 9:30am-3:30pm
Contact: Isaac Taggart "Mr. T"
415.489.7320

Benefits Acquisition

Benefits Assessments An HSA
staff member will assess eligibility
and help clients enroll in CAAP,
CalFresh, and Medi-Cal.

Eligibility: Any justice-involved
adults in San Francisco.

Every Wednesday 9-4pm

Housing Access Point: Coordinated Entry Assessments

SF Pretrial Diversion Project offers intakes
for permanent supportive housing
placement, problem solving
conversations, barrier removal, travel and
relocation support, and other housing-
related needs.

Wednesdays: 10am - 12pm
Eligibility: Any justice-involved adults in
San Francisco.
Contact: victoria.westbrook@sfgov.org

Food Pantry

Fresh, frozen, and non-perishable
groceries provided weekly upon request.

Eligibility: Any justice-involved adults in
San Francisco.

Mon-Fri 8:30am-4pm

Ask the front desk for support

Clothing & Hygiene Closet

Clothing and hygiene kit provided weekly
upon request (when available.)

Eligibility: Any justice-involved adults in
San Francisco.

Mon-Fri 8:30am-4pm

Ask the front desk for support