

2026 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

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
10-11AM
(referral-based)

Healthy Relationships
1-2PM

Thinking for a Change
12-1PM

Conexión Latina
11AM-12PM

Semillas a Flores
11AM-12PM

CASC Out! Community Activities
12-1:30PM

Job Club
2-3PM

Anger Management
1-2PM

Music Group
11:30AM-1PM

Managing Your Emotions/DBT
1-2PM

Changing Your Mind
2-3:30PM

Alcoholics Anonymous
3-4PM

Solutions for Women
6:30-8PM

Anger Management
1-2PM

Sister's Circle
3-4PM





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

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: Erica Morse at erica.morse@ucsf.edu

Healthy Relationships

Clients focus on the importance of effective communication, boundaries, the characteristics of unhealthy relationships, and ways to develop healthy ones.

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

Schedule: Monday: 1-2pm via Zoom

Contact: Erica Morse at
erica.morse@ucsf.edu

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

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

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: Erica Morse at erica.morse@ucsf.edu

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: Erica Morse at
erica.morse@ucsf.edu

Job Club **IN PERSON**

Interested in finding work but need more support? Job Club is a skill building and resource sharing group that helps people find and keep the job they want.

Eligibility: Any justice-involved adults in San Francisco

Schedule: Mondays: 2-3pm
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 and Anger Management curriculums, focused on personal and emotional development.

Eligibility: Any justice-involved adults

Schedule: Thursday: 11am-12pm

Contact: erica.morse@ucsf.edu

TABLE OF SERVICES

Groups/Classes (Continued)



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.

Schedule: Tuesdays: 12-1pm

Contact: Erica Morse
erica.morse@ucsf.edu

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: Erica.Morse@ucsf.edu

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

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 (when available).

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