

# Winter Event Calendar 2022

Lectures are hosted on Zoom. Recordings are uploaded onto [chrscf.org/videos](https://chrscf.org/videos).  
**Register** for lecture events below, or by emailing us at [info@chrscf.org](mailto:info@chrscf.org).

**GIVE to support our free programming: Scan, or click image.** →



January	<p><b>What is Emotional Eating?</b></p>	<p><b>Presenter: Stephanie Amir</b>          Do you often find yourself turning to food for comfort during stressful moments? The process of seeking out food to soothe or suppress negative feelings is called emotional eating. Join us as we explore the causes of emotional eating, who is typically affected, and the mental and physical impact to one's health.</p>	<p>Wednesday, Jan 19          4:00 – 5:00 pm  <a href="#">Click to Register</a></p>
	<p><b>Emotional Eating Support Group (Group Class)</b></p>	<p><b>Facilitator: Sabine Haake, MBA, RD</b>          This 8-week program combines therapeutic meal experience with cognitive behavior work to help participants overcome eating in stressful or emotional situations. Bring your own dinner and begin to practice distinguishing between emotional and physical hunger in a small and judgment-free environment. Take steps to understand the internal and external stressors that trigger disordered eating behavior, and begin to develop a nurturing and compassionate relationship with your body using the help of a behavioral specialist.  <i>*Enrollment in full series is required. FREE for HMO Brown &amp; Toland members. Blue Shield accepted: copays may apply. Without insurance, cost is \$60/class. Scholarships may be available.</i></p>	<p>Thursdays,          Jan 20 – Mar 10          5:30 – 7:00 pm  <a href="#">Click to Request Intake Interview</a></p>
February	<p><b>Nutrition Resource for Older Adults: Project Open Hand</b></p>	<p><b>Presenter: Isabel Eskin Shapson (Project Open Hand)</b>          Project Open Hand (POH), is a San Francisco-based organization that prepares nutritious meals and provides healthy groceries to help older adults manage serious illnesses, isolation, or the health challenges of aging. Join us to learn about this valuable resource for residents of San Francisco and Alameda county – Learn about your eligibility for Project Open Hand's supportive nutrition services!</p>	<p>Thursday, Feb 10          2:30 – 3:30 pm  <a href="#">Click to Register</a></p>
	<p><b>What I Wish I Knew About Cognitive Impairment, Dementia &amp; Alzheimer's Disease</b></p>	<p><b>Presenters: Howard Hahn, LCSW and Alejandra Sanchez Lopez, MD (Ray Dolby Brain Health Center)</b>          This presentation features a behavioral health therapist and a neurologist from CPMC's Ray Dolby Brain Health Center. Our speakers will share research on how brain health contributes to overall cognition and behavior. You will also receive important information regarding the latest in diagnosis, treatment, research, and technology for various conditions, including memory loss, early dementia, and Alzheimer's disease.</p>	<p>Thursday, Feb 17          4:00 – 5:30 pm  <a href="#">Click to Register</a></p>
March	<p><b>Mental Health: A Path to Manage Emotions</b></p>	<p><b>Presenter: Doris Flores-Maloney, MSWi (Columbia University)</b>          In this presentation, Doris will focus on emotions and emotional responses as aspects of our mental health. She will provide an overview of the ways in which we can communicate with our feelings and find a path to healthier responses towards stress and anxiety.</p>	<p>Tuesday, Mar 8          4:00 – 5:00 pm  <a href="#">Click to Register</a></p>
	<p><b>Promoting Wellness with Three Habits (Part 2)</b></p>	<p><b>Presenter: Leah Kramer, LCSW</b>          Leah is a psychotherapist with therapy experience around depression, anxiety, substance abuse, chronic illness, domestic violence, and trauma. She takes a collaborative approach to help patients produce positive and meaningful changes in their lives. In 2020, Leah provided a well-received presentation, "Promoting Wellness with Three Habits" where she shares practical suggestions on applying research-based techniques to boost wellness. This year, Leah returns with more information and tips to help you discover more wellness practices in daily life.</p>	<p>Thursday, Mar 24          4:00 – 5:00 pm  <a href="#">Click to Register</a></p>

April

**Mental Health Presentation**

**Presenter: Tierra S. Walls ACSW, MPA-HA**

Tierra is the newest clinical social worker on CHRC’s behavioral health team. She works closely with other providers to support patients in disease management. This event will examine mental health from the perspective on disease management. Visit [chrclf.org/events](http://chrclf.org/events) for updates on this event!

Wednesday, Apr 13  
4:00 – 5:00 pm

**Click to Register**

**Health Psychology Presentation**

**Presenter: Katherine Ely, Psy.D.**

Doctor Katherine Ely is a post-doctoral fellow in CPMC’s Health Psychology Program. Her presentation will focus on health and wellness as an ongoing journey that involves balancing various aspects that comprise the whole person—physical, emotional, mental, and spiritual. More details on this event to come.

Date and Time (TBD)

Check for updates  
[chrclf.org/events](http://chrclf.org/events)

**FREE HEALTH SCREENINGS**

Health screenings are available for free on a walk-in basis at the following San Francisco. Screenings include cholesterol, glucose, and blood pressure. Results are ready within 10 minutes. Wait times may vary.

*This program is supported by Chevron and the PHS Commissioned Officers Foundation for the Advancement of Public Health.*

<b>Stonestown YMCA</b> 1 <sup>st</sup> Tuesdays 10 am – 12 pm 3150 20 <sup>th</sup> Ave, Senior Annex	<b>Chinatown YMCA</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays 1 – 3 pm 855 Sacramento St	<b>Pacific Professional Building</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays 10 am – 12 pm 2100 Webster St, Lobby	<b>MNC Quesada Campus</b> 2 <sup>nd</sup> Thursdays 10 am – 12 pm 1311 Quesada Ave	<b>Mission Neighborhood Centers</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Fridays 9:30 am – 11:30 am 362 Capp St
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**RESOURCES & VIDEO PREMIERS**

**Cancer Buddy Program**

This program connects patients within the first year of cancer diagnosis with trained volunteer cancer survivors. The program is a forum for individuals to speak openly with someone who understands cancer from personal experience.

To request a Buddy call (415) 923-3155, or email [info@chrclf.org](mailto:info@chrclf.org).

To volunteer visit [hipaa.jotform.com/cpmcchrc/cbvolunteer](http://hipaa.jotform.com/cpmcchrc/cbvolunteer) or scan code.



Scan for volunteer application

**Special Video Releases**

In addition to CHRC’s live webinars, other health and wellness videos are also uploaded directly onto [chrclf.org/videos/nutrition/](http://chrclf.org/videos/nutrition/) or [chrclf.org/videos/behavioral-health/](http://chrclf.org/videos/behavioral-health/).

<b>Mon, 2/28</b>	“What to Expect When You Meet with a Dietitian” by Eric Hernandez, RD
<b>Thu, 3/31</b>	“What is Mindful Eating?” by Jessica Monroy
<b>Fri, 4/1</b>	“Mindfulness for Youth” by Jaelen Kennedy-Valdez