

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>Acupuncture</b> 10AM-11AM	<b>Drop-in closed today</b>	<b>Acupuncture</b> 10AM-11AM.	<b>Acupuncture</b> 10AM-11AM.	<b>Breakfast</b> 10AM-11AM	<b>Street Smart Youth Group</b> 12PM-4PM (Group Room) Contact Sadat X 106		
<b>Reiki</b> 11AM- 4PM Contact Alberto x139 <i>*Sessions are first come first served basis</i>		<b>Narcen Training</b> 12PM- 4PM Contact Reilly X146	<b>Reiki</b> 11:30 AM- 1PM Contact MonIque x113 <i>Sessions are first come first served basis</i>	<b>Narcen Training</b> 12PM- 4PM (Group Room) Alberto x139			
<b>Positive Action Peer Group</b> 12PM-3PM (Group Room) Contact Henry x116					<b>Hepatitis Workshop</b> 1PM-2PM (Drop-In) Contact Ajani x119	<b>Community Meal</b> 2PM- 4PM Contact MonIque x113 <i>*Last Friday of Each Month</i>	
<b>Harm Reduction Group</b> 2PM-3PM. Contact Reilly x 146		<b>Positive Action Peer Group</b> 1PM-4PM (Group Room) Contact Henry x116	<b>Positive Action Peer Group</b> 1PM-3PM (Group Room) Contact Henry x116	<b>Men's Group</b> 2PM-3PM (Drop In) Contact Jose x128			<b>Health Workshop</b> 2:30PM-4PM (Drop In) Contact Ajani x119
<b>Anabel's Group</b> 3PM-4:15PM (Group Room) Contact Anabel x 123	<b>Volunteer/Intern Orientation</b> 4:30PM –6PM (Drop In) <i>* Last Tuesday of the Month</i>	<b>Sisterhood Circle</b> 2PM-4PM (Drop- In) Contact MonIque x113 <i>3rd Wednesday of each Month</i>	<b>Women's Group</b> 2:30PM-4PM (Group Room) Nancy x117		<b>Yoga &amp; Meditation</b> 4PM-5PM (Drop In) Contact MonIque x113		
<b>Participant Advisory Group</b> 3PM-4PM (Group Room) Contact James x143  <i>* 1st Monday of each Month</i>				<b>Ajani's Group</b> 4PM -5:30PM (Drop In) Contact Ajani X119 <i>* First Tuesday of the Month</i>		<b>Colleen's Group</b> 3PM-4PM (Group Room) Contact Colleen x 124	<b>Movie Night</b> 5:30PM-7:30 PM Contact MonIque x113
<b>Acupuncture</b> 3PM-5PM (Drop In) Alberto x139							
<b>Medical Services Available</b> 2:30PM– 7:30PM <b>Syringe Exchange</b> 10AM-8PM	<b>Syringe Exchange</b> 10PM-8PM	<b>Syringe Exchange</b> 10PM-8PM	<b>Syringe Exchange</b> 10AM-8PM	<b>Syringe Exchange</b> 10AM-8PM	<b>Syringe Exchange</b> 10AM-5PM		

## GROUPS & TERMS EXPLAINED

**Acupuncture** originally a Chinese practice of inserting fine needles through the skin or applying beads to relieve pain or for therapeutic purposes.

**Drop In:** General space to hang out and or watch some TV. Open to all enrolled participants.

**Harm Reduction Group:** A weekly group that discusses strategies to include or introduce harm reduction in everyday life.

**Health Workshop:** This weekly presentation is open to all participants and covers a wide range of health related topics including chronic conditions like diabetes and high-blood pressure and communicable diseases like HIV and STD's. Participants that attend this workshop will have access to information that may be used to make informed decisions about their own health.

**Hepatitis Workshop:** This weekly presentation is open to all participants and intended to increase general knowledge of Hepatitis C, other forms of Hepatitis and related conditions. Participants attending this workshop will be provided with information that he or she may use whether living with or at risk for HCV.

**Men's Group:** discusses issues that concern men. We discuss health, being men of color and any other issues that may be introduced. Often have guest speakers are there to empower/inform participants.

**Narcan Training:** Short training on how to administer Narcan (Naloxone) to someone who is experiencing an opiate based overdose. Open to all participants.

**Outreach/Volunteer Orientation:** orientation for anyone interested in become a volunteer or intern.

**Participant Advisory Group:** Responsible for identifying potential issues posed by the participants regarding Syringe Exchange and proposing solutions to this potential issue.

**Reiki:** Reiki (pronounced Ray-Key) is a system of Enlightenment and a Hands on Healing art developed in the early 1900's by Mikao Usui in Japan. It uses a technique commonly called palm healing as a form of complementary and alternative medicine and is sometimes classified as oriental medicine by some professional bodies. Through the use of this technique, practitioners claim to transfer healing energy in the form of ki through the palms

**Sisterhood Circle:** Sisterhood Circle is an opportunity for women at LESHRC to have a safe space to discuss various topics in a supportive environment - one in which women can reflect on the issues, share their experiences, listen to each other, and think about how to improve their own lives and their communities through the synergistic power of the Circle. This multi-generational group is open to all women .

**Street Smart Youth Group:** A multi-session, skills-building program to help youth practice safer sexual behaviors and reduce substance use. Sessions address improving youths' social skills, assertiveness and coping through exercises on problem solving, identifying triggers, and reducing harmful behaviors. Agency staff also provide individual counseling and trips to community health providers. .

**Transgender Group** Advocacy and mental health group designed for Transgendered identified people.

**Women's Group:** focuses on helping group members build relationship with each other and through these relationships access support in dealing with specific life stressors unique to women. In following the group purpose the women participate in group discussions of current and past issues, art therapy, and group outings.



Updated October 2011

Lower East Side  
Harm Reduction Center

### Activity Schedule

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