

The Northern CALIFORNIA Group Psychotherapy Society PROUDLY WELCOMES YOU TO SAN FRANCISCO

## **NCGPS** *President's Welcome:*

Welcome to San Francisco, The City by the Bay where the Northern California Group Psychotherapy Society (NCGPS) will be your host for the 2015 AGPA Annual Meeting.

At just 49 square miles, San Francisco packs as much into its tiny water bound area as most cities three times its size. This guide is designed to give you places to eat nearby as well as in the picturesque neighborhoods of San Francisco. This is a great city for food.

The Hyatt Regency San Francisco-Embarcadero Hotel is beautifully located on a promenade along the Bay graced with beautiful views of Treasure Island and the Bay Bridge. Nearby is the Ferry Building with restaurants, artisanal ice cream and local farm fresh produce. And this is just the beginning.

Turn the pages of this guide to get details on great restaurants, things to do and places to see. Come by the Hospitality booth for more information on what to do in San Francisco. I hope you enjoy your stay.

I want to thank Lois Friedlander, Hospitality Chair, and her Hospitality Committee (see last page) who generously gave their time and talents to produce this invaluable guide to the best dining and sight seeing opportunities during your stay in our fair city.

NCGPS members await the opportunity to help with any questions you may have during your stay. Look for NCGPS members with a HOST ribbon or stop by the Hospitality Booth in the registration & exhibit area.

I sincerely hope that you have a memorable time here and perhaps leave a little bit of your heart in San Francisco.

Randy Dunagan, MFT

President, NCGPS

#### NCGPS WELCOMES AGPA to San Francisco!!

#### HERE IS THE Northern California Group Psychotherapy Society's HOSPITALITY GUIDE 2015

To begin the process of preparing the Guide, NCGPS membership engaged in some on-line, large group play and constructed a Music Train. It is comprised of famous songs about our fair City by the Bay. We invite you to 'get on board' by clicking on the links to the YouTube videos below. (Viewing is best supported by FireFox.)

Sit back, click, & join in the journey to The City by the Bay!

Tony Bennett, I Left My Heart in SF https://www.youtube.com/watch?v=tTBsZEZrcOo

**Scott McKenzie** <u>https://www.youtube.com/watch?v=mJ\_WG3d3GL8</u> Check it out! This is real San Fran!

**Richie Havens**, San Francisco Bay Blues complete with photos of our City <u>https://www.youtube.com/watch?v=9yXVwv6MTRU</u>

**Eric Clapton** follows with his rendition of San Francisco Bay Blues complete with lyrics and a kazoo <u>https://www.youtube.com/watch?v=BwcSM3MeI8o</u>

Eric Burden and the Animals! A solid gold oldie https://www.youtube.com/watch?v=uWb5YQPlAJc

**Crooner Chris Isaak** http://m.youtube.com/watch?v=aufudfyHIaA

Journey's City by The Bay https://www.youtube.com/watch?v=f7rr-QI0ziY

## The Original Judy Garland

https://www.youtube.com/watch?v=rZGndQP74X0

Fabulous Rufus Wainright (https://www.youtube.com/watch?v=0UNp8ppYFMI

**World Series Winners**!! SF Giants Official Song. 2010 https://www.youtube.com/watch?v=AyVdbfyvwso&list=PL25115F668BE522B6&index=3

We love our Giants! I'm a San Francisco Giant (Official Video) -@INSAIN415 https://www.youtube.com/watch?v=ePGpx3d9k10

**SF Giants Bluegrass Fight Song**, Vol.6 - World Series 2014 - Hot Buttered Rum <u>https://www.youtube.com/watch?v=BdRZH2O8oR8</u>

**The Village People** (famous for YMCA sing about San Francisco) <u>https://www.youtube.com/watch?v=k7-10JylGZ8</u>

ABBA with California Here I Come! http://www.youtube.com/watch?v=Oaey9YqjAll The very moving, Pink Triangle (Twin Peaks in San Francisco) By **Shawn Kirschner** https://www.youtube.com/watch?v=WBJOqQ-J0cg

#### San Francisco Gay Men's Chorus

The ethereal, You Are My Star from How Fair This Place (our town) https://www.youtube.com/watch?v=WBJOqQ-J0cg

**and** their Extr**ABBA**ganza! 17. Finale It starts somber and ends with uplifting finish! <u>https://www.youtube.com/watch?v=yTQyVesNkRs</u>

We look forward to seeing you!

Lois Lois Friedlander, MFT, CGP Chair, Hospitality Committee http://www.loismft.com

Thanks to the NCGPS Hospitality Committee:

James Fishman Ann Steiner Tina Bollendorf Margaret Johnstone Barbara Finn Daisy Reese Rose Phelps Shira Marin Karen Case Jana Morgan Emily Lyon Walter Stone

And special contributors:

Elaine Cooper Jamie Moran Ali Joy Sideroff Jeannie Little Ildiko Ran

## The San Francisco Visitor Center website <u>http://www.sanfrancisco.travel/</u> offers loads of <u>general</u> information

BUT to make your AGPA experience really enjoyable

See our members' personal recommendations of favorite dining and sightseeing spots.

# **Insider Dining Guide to San Francisco**

The good ones to definitely try

Of Note for visitors with disabilities: here is the link with a comprehensive listing of "things to know" and "getting around." It is the first guide of its kind and will be a model for other cities. *http://www.onthelevelsf.com/access.htm#Over* (510) 524-2026

Also: please check these resources before venturing out on the town. <u>http://www.wheelchairtraveling.com/wheelchair-traveling-in-san-francisco/</u> <u>http://www.accessnca.org/</u>

Check out "**311**." The city of SF has a hotline for any callers with questions about city resources, public transportation, etc. etc. It's open 24/7. They are immensely helpful.

## Embarcadero

### Within Walking Distance of the Hyatt

**Osha Thai**: <u>http://www.oshathai.com/4/</u> big favorite, 4 of 5 stars, Happy Hour for the lounge is: Monday-Friday 3 to 8 p.m!

**Chaya** <u>http://www.thechaya.com/san-francisco/</u> Japanese nouvelle/French Asian beautiful food by Bay Bridge

Humphrey Slocum Ice Cream: Ferry Building, Embarcadero.

<u>http://www.humphryslocombe.com/www.humphryslocombe.com/Home.html</u> Known for creating unexpected, inventive ice creams like **Secret Breakfast Ice Cream**! If Jake Godby took it off the menu he'd have a riot on his hands!

Yank Sing Rincon: http://www.yanksing.com/locations/ delicious Dim Sum with a waterfall ceiling

**The Slanted Door**: <u>http://www.slanteddoor.com/</u> Located in the Ferry Building & Voted one of the best restaurant's in the nation! By the Bay Bridge. Has room for private parties/meetings. \$\$\$\$. Absolutely delicious! Reservations required way in advance! I love the food but it is accompanied with a very lively atmosphere so do not hope for a serious conversation.

# Union Square/Downtown

This is the heart of downtown SF. It is a major shopping area lined with art galleries, theaters, restaurants, specialty stores and boutiques. Points of interest include Maiden Lane, a historic two block alley extending off Stockton to Grant, the cable cars on Powell Street and a relatively new mall that runs in a circle with many, many shops nearby.

## The Mission District

Whether you're looking to take in the newer, locally-owned stores and cafes or get a taste of the neighborhood's history and Latin culture, the area is crawling with things to see and do, Very easy to get to via BART stations on Market Street. Get off at 16th and Mission or 24th and Mission.

Foreign Cinema: <u>http://www.foreigncinema.com/</u> The roast chicken is touted as some of the best in town, BUT the real draw is that in the open air dining part of the restaurant you can watch a foreign film while listening to the sound through vintage drive-in movie speaker boxes. Delicious and unique!

Little Star Pizza: <u>http://www.littlestarpizza.com/</u> It may not be NYC but this pizza runs a very close second to the best in the USA!

## Chinatown

You don't need an itinerary to tackle Chinatown. Wandering aimlessly, weaving between locals and ducking into shops is enough of a plan. Main Street for tourists is Grant Avenue.

# Fisherman's Wharf

Historic Fisherman's Wharf is the classic San Francisco experience where you will find a range of hotels, specialty restaurants, famous attractions, unique shops, breathtaking scenery and entertainment for the whole family. <u>http://www.fishermanswharf.org/</u>

## Chestnut/Marina

Even the most jaded inner neighborhood residents can't deny the beauty of this place where green lawns meet the waters of the bay. Joggers and kites and city visitors drawn to the Golden Gate Bridge are always here. The Wave Organ, at the tip of the Yacht Club peninsula, is a unique functional art installment. Chestnut Street has some popular eating options.

Try to get into trendy A16, the juggernaut of Campania Cuisine. <u>http://www.a16sf.com/</u> Italian \$\$\$

## The Castro

The activism of the '60s and '70s forged a community with sizable political and economic power. There were, however, tense and sometimes violent clashes with the police, and the assassination in 1978 of openly gay San Francisco Supervisor Harvey Milk was a turning point in the community's history. Milk's death and the impact of AIDS brought the community together and made activists of almost everyone; the Castro became not just open but celebratory about its thriving gay and lesbian population. Today, the Castro is itself a tourist attraction, beckoning throngs of pilgrims and revelers from all over the world. **Catch** on Market St.: <u>http://www.catchsf.com/</u> • Must try the tempura battered Dungeness crab and <u>artichoke</u> heart thingies with lemon aioli sauce." <u>\$11 Grilled Artichokes</u> Beautiful interior setup with a <u>fireplace</u> in the center of the enclosed patio

**Starbellies**: <u>http://www.starbellysf.com/</u> amazing food, reasonable, hip environment, Great little restaurant near The Castro, so, as you might expect from the location, popular among the gay scene too. I would recommend you reserve a table if you plan on attending. Delicious! 4 of 5 stars!

## South of Market

A wide area, known best for the SFMOMA and Yerba Buena Arts Center, there are also lovely restaurants in this area. The one listed is within walking distance of the hotel.

Lulu: <u>http://www.restaurantlulu.com/</u> One of San Franciscans' favorite rustic, family style dining spots, features a seasonal Provencal menu that showcases the products of our wood-fired oven, rotisserie and grill. The setting, a 1910 warehouse, is located just one block away from the Moscone Convention Center, in the bustling SoMa. Lulu features two private event rooms for private dining, parties and meetings.

# Hayes Valley Not far from the Theater District

The success of Hayes Valley's current commercial district was boosted in part by the destruction caused by the 1989 earthquake to the Central Freeway. The freeway came down and Hayes Valley sprung up.

Chez Maman: <u>http://www.chezmamansf.com/</u> --- affordable French on Gough St. \$\$

**Lers Ros:** <u>http://www.lersros.com/</u> Despite the high pedigree and Hayes Valley and Mission addresses (there's also one on the edge of the Tenderloin), nearly everything on the menu remains under \$15, and a \$9.75 lunch special allows diners to select two dishes from a list of 16 options, with rice and salad. ---- *Great Thai* \$\$

**Blue Bottle Coffee:** <u>https://bluebottlecoffee.com/</u> *Three locations!* The *location* is a hidden gem in a land otherwise dominated by Starbucks.

**Fatted Calf** on Fell Street: <u>http://www.fattedcalf.com/</u>: – a carnivore's heaven!!

**Stelline**: 330 Gough St, San Francisco, CA 94102 (415) 626-4292 amazing prices Italian \$\$

**Zuni**: <u>http://www.zunicafe.com/</u> Reservation required!! This venerable Hayes Valley Mediterranean "mainstay" defines San Francisco for many who fondly recall its "timeless" marquee dishes: the "peerless" brick-oven chicken for two, the "famous" burger and the "superb oyster selection"; "polished" service and a "warm" double-decker setting further burnish its "classic" reputation. A SF institution. We all love the Zuni!

**Jardiniere**: <u>http://www.jardiniere.com/</u> For nearly 15 years it has been one of the most popular dining destinations before or after the Opera, Symphony or Ballet. \$\$\$

We take our Ice cream very seriously! **Smitten Ice-cream**: <u>http://smittenicecream.com/</u> --- they make your ice cream right in front of you with nitrogen fast freeze, using dry ice....tops them all!

## North Beach

North Beach is that rare thing—a neighborhood that manages to be a perennial hit with tourists, and also to remain beloved by San Franciscans. It's best known as San Francisco's Little Italy, with its high density of check-clothed ristorantes, cafés and Old World delicatessens. It's also a popular pilgrimage for fans of the Beat movement seeking the old haunts of Kerouac and Ginsberg.

Italian, Italian, Italian!! All prices and all delicious. After dinner go to Club Fugazzi to see the Original Beach Blanket Babylon!! A real San Francisco treat!!

## Vegetarian

Udapi: <u>http://www.udupipalaceca.com/</u> on Valencia. Indian Vegetarian Dosas \$15/person including drinks/delicious

Gracias Madre: http://gracias-madre.com/ in the Mission \$\$

Green's: Fort Mason Classic; part of the Zen center: <u>http://www.greensrestaurant.com/</u>--- a little pricey

Source: <u>http://www.source-sf.com/</u> Unique! Lower Potrero Hill ------Great Veggie Burgers and Smoothies

Ananda Fuare: <u>http://www.anandafuara.com/</u> Ananda Fuara means the "Fountain of Delight," a name given by spiritual teacher Sri Chinmoy. (*Market St. near Van Ness Muni*) \$\$

Herbivore: <u>http://www.herbivorerestaurant.com/</u> The Earthly Grill 2 locations Valencia in Mission or in Divisadero corridor

# Bernal Heights

**Piqueo's**: <u>http://piqueossf.com/</u> on Cortland St. Peruvian Fusion Cuisine Delicious experience --- delicious sauces to perk up your taste buds \$\$

# Other places for foodies

**Fringale**: <u>http://www.fringalesf.com/home.html</u> Pioneered the South of Market culinary renaissance as one of the first true French bistros in San Francisco. Voted by Zagat as one of the "<u>5 Best Bistros in San Francisco</u>".

Frances: <u>http://www.frances-sf.com/</u> American Food in The Castro 4 <sup>1</sup>/<sub>2</sub> of 5 stars

**B-Patisserie:** <u>http://bpatisserie.com/</u> Bakery! 10 hour apple pie, Almond cake & the Chocolate Banana <u>Almond Croissant</u> 4 <sup>1</sup>/<sub>2</sub> of 5 stars California and Divisidaro ---

**Tartine**: <u>http://www.tartinebread.com/</u> *Bakery! REALLY INSANELY GOOD!!* Every day, Chad Robertson of San Francisco's Tartine Bakery & Cafe turns out 240 fresh loaves—and within an hour, they're snapped up. He is the cult prince of American bread making.

The 2010 cookbook Tartine Bread runs 38 pages, including photographs. It's a masterpiece!

**Rainbow Grocery:** <u>http://www.rainbow.coop/</u> Why do we have a grocery store on the list?? Because the place is "a happening" and truly contains all the diversity of culture and philosophy and social justice and food that makes SF unique. Folsom and 14<sup>th</sup> St. Extraordinary collective grocery store – an experience on its own!!!

**Janna**: <u>http://www.yayacuisine.com/</u> YaYa food @ corner of Fulton and Masonic St. Quiet Middle Eastern restaurant. Fresh imaginative, tasty food. One has to take the #5 bus one block from the Hyatt at the corner of Market and Front St. Moderately priced.

### **Colleen B's Dessert Pick**

**Pacific Puffs:** <u>http://www.pacificpuffs.com</u> New location, Westfield Mall, Union Square, located just outside the BART entrance. Delicious, Handcrafted Puffs!

## MUSEUMS & SIGHTSEEING

### **Elaine's Picks**

**American Academy of Science:** An aquarium, planetarium, and natural history museum, all under one living roof. Birds and butterflies and an albino alligator, oh my!! (The rain forest - at the top, looking down to the fish of the ocean). It is worth the price. The cafeteria is wonderful. <u>http://www.Calacademy.org/</u>

The new Exploratorium on the waterfront - just north of the hotel. <u>http://www.exploratorium.edu</u>

**The De Young:** *the architecture is amazing, as well as the art.* <u>*https://deyoung.fmsf.org*</u>

### Most beautiful hike

**From Land's end to the golf course**. Wear comfortable shoes. Dirt path that goes along the cliff with breathtaking views of the Golden Gate and Marin Headlands.

**Palace of Fine Arts** (also wonderful) is in the middle and path can be accessed from it. Place of fine arts theater tickets. <u>http://www.ticketmaster.com</u>

### **Beautiful walks**

**Crissy Field** (can also walk south to the marina) Crissy Field is the Presidio's "front door." The northern waterfront offers spectacular views, unparalleled recreational opportunities, and the chance to glimpse the Golden Gate Bridge from below http://www.presidio.gov/explore/Pages/crissy-field.aspx

Ocean Beach's Cliff House at Land's End <u>http://www.cliffhouse.com/home/index.html</u>

The Embarcadero by the hotel. <u>http://www.hiddensf.com/106-the-embarcadero-san-francisco.html</u>

Don't miss the lights on the Bay Bridge at night timed to a computer to match the rise and fall of the tide in the Bay.

**Golden Gate Park.** <u>http://sfrecpark.org/parks-open-spaces/golden-gate-park-guide/</u> Don't miss the Japanese tea garden and the historic bridge there. Is it the Conservatory of Flowers that people love there? www.golden-gate-park.com/

### Jim's Picks

### Valencia Street (in the Mission) from 15th St. to 24th St.

Don't miss "Paxton Gate" at 824 Valencia: <u>https://paxtongate.com/</u>: The store that started it all! Totally unique, from lovely plants, rare seashells, taxidermy, you have to be there to believe what they have. <u>www.paxtongate.com</u>

### Hayes Valley (just off Civic Center, just off Market St)

Stroll, eat, and shop. <u>http://www.darkgarden.com/pages/corsetry</u>

Don't miss Linden St. between Gough and Octavia—and view The Dark Garden-- a very fun store (handdesigned corsetry & hats--Since its inception in 1989, Dark Garden has established itself as one of the world's leading corsetieres, specializing in custom figure-shaping foundation garments. "Madonna-esque" meets Halloween.

My favorite "within SF" haunt: Fort Point <u>www.Presidio.gov/explore/pages/fort.point.aspx</u>

### The Marin Headlands

My absolute favorite place to show out of town visitors): just across the Golden Gate Bridge, breathtaking views above the city, then over to the other side, with vistas of the Pacific Ocean. Finally, ending in the walk over a footbridge to pt. Bonita Lighthouse!!!! Here's an article and photo. A "76" bus can take people there if they don't have a car. It's "so close" and "yet so far"!!!!

http://www.sfgate.com/outdoors/urbanoutings/article/Point-Bonita-Lighthouse-On-a-precarious-perch-4769048.php

Alcatraz!! These tickets will take months to schedule so folks need to get on the reservations now! <u>www.alcatraztickets.com/istandtour</u>

www.nps.gov/alca

Blue and gold fleet bay tours <u>http://www.blueandgold fleet.com</u>

Hornblower sunset cruises <u>Hornblower.com</u>

Golden Gate Park <u>www.golden-gate-park.com</u>

**Embarcadero Ferry Building** <u>http://www.ferrybuildingmarketplace.com</u> Stroll to one of the most famous Saturday Morning Farmer's Market's in the U.S.!

## SUPPORT GROUPS

Help for Everyone Affected By Substance Abuse

### THE DRY DOCK

#### **Offers various types of 12 Step Groups**

2118 Greenwich St. in Cow Hollow-673-3009; <u>The Dry Dock - Marina/Cow Hollow - San Francisco, CA / Yelp</u> <u>The San Francisco Dry Dock</u>

### SF LGBT Center

Offers a variety of 12 step meetings including LifeRing 1800 Market St, 94102 <u>http://www.sfcenter.org/events-calendar</u>

#### **SMART Recovery**

A cognitive-behavioral approach to achieving and maintaining abstinence from alcohol and other drugs. www.smartrecovery.org Monday 7:00-8:30 PM Saint Francis Memorial Hospital 900 Hyde St. (between Bush & Pine St.) Hoffman Room 2nd floor Wednesday 7:00-8:30 PM Saint Francis Memorial Hospital 900 Hyde St. (between Bush & Pine St.) Hoffman

Room 2nd floor Brad (F) and Michael (P) 415-891-9925 SmartSFCA"AT"gmail.com www.meetup.com/SMARTRecoverySF

### **MODERATION MANAGEMENT**

A recovery program and national support group network for people who have made the decision to reduce their drinking and make other lifestyle changes.

www.moderation.org San Francisco: Monday 6:30 PM 45 Franklin St, Suite 320. Contact Ingrid @ <u>sanfrancisco@moderation.org</u> for directions and door code. Oakland: Tuesday 6:00 PM 315 Broadway, near Jack London Square. Contact Paul @ <u>oakland@moderation.org</u>

### THE CENTER FOR HARM REDUCTION THERAPY

www.harmreductiontherapy.org T: 415-863-4282 ext. 7

for directions and door code.

## LBGTQ

### LGBTQ Member Recommendations

### Sundance Saloon

<u>http://www.sundancesaloon.org</u> Drop in, \$ LGBT country western dancing, Thurs/Sun evenings. Beginning lessons are offered.

### LGBT Sangha

SF LGBT Center <u>http://www.sflgbtsangha.org</u> Drop in, \$ Buddhist meditation group, Mon eve

### **GLBT History Museum**

http://www.glbthistory.org/museum 4127 18th St. San Francisco, CA 94114 \$5 Various exhibitions, programming

Castro District Castro St/Market St <u>http://www.mycastro.com</u> Varies

## **GUIDED HIKING TRIPS**

**JANA MORGAN** will lead tour @ predetermined time(s) up the scenic stairs to COIT tower Also, provide self guided map copy - essentially directions. Times announced on-site at the Hospitality bulletin board in the Exhibit Area.

**THE URBAN HIKER** <u>http://www.urbanhikersf.com/</u> Guided walking/ history tours of SF. Hikes are 2.5-3hrs. \$45/person not included, gratuity highly recommended

## THEATERS

San Francisco's independent guide to local theater attractions, including family shows, stand-up, and concerts. *www.san-francisco-theater.com* 

Reviews and information for local performances. <u>www.theatermania.com</u>

Small Houses are plentiful and well worth the visit. sanfrancisco.lovetoknow.com/wiki/San\_Francisco\_Theatres: Small\_Houses

## GRACE CATHEDRAL

This glorious cathedral soars up at the top of 'Nob Hill' between California and Sacramento Streets. It is a classic cathedral in the European tradition and belongs to the Episcopal Diocese of San Francisco. There is a beautifully constructed Labyrinth outside where many visitors walk in a harmonious path. If you can come when they have a service you will be able to hear the magnificent organ and perhaps the Boys Choir whose voices truly reach the heavens!

It can be found online if you have more questions or want to find the Service schedule. Highly recommended!--Emily Lyon

## CHILDCARE AND NANNY RESOURCES

These are provided through the Concierge at the Hyatt Hotel. Contact them directly. <u>http://sanfranciscoregency.hyatt.com/en/hotel/home.html</u>

Map of San Francisco

http://www.sanfrancisco.travel/maps

## Northern California Group Psychotherapy Society **Annual Training Institute** Asilomar Conference Center Pacific Grove, California May 29-May 31, 2015

The NCGPS Institute offers a unique opportunity for both learning and connection. The Institute is designed for group therapists at all levels and allows participants to select one of 11 groups – all led by Master group therapists. Participants will engage deeply in group process as members and also examine the process from a cognitive, theoretical perspective.

We are offering many long-standing favorite group leaders along with some new and exciting group leaders. Join us at this beautiful coastal retreat for an experience not to be missed.

Choose from 11 Institute groups: Three psychodynamic process groups-beginning, intermediate and advanced; Eight special interest groups including the core course required for the Certified Group Psychotherapist certificate.

11 CEUs are available to MFTs, LCSWs, and RNs. This course has been submitted to MCEPAA for approval for California psychologists.

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# SEE YOU IN SAN FRANCISCO!