

# Integrative Health Services for Pain Management

Alternative Care	Organization/Provider	Address	Contact	Cost	Time	Notes
Bayview Hunters Point						
Acupuncture	Southeast Family Health Center*	2403 Keith Street	1(628) 217-5500 sf.gov/get-acupuncture-services	No cost	By appointment. Mondays 1:00pm–5:00pm and Tuesdays 8:00am–12:00pm	For clinic patients only.
Chinatown						
Acupuncture	North East Medical Services (NEMS)*	San Francisco Pacific Clinic 728 Pacific Avenue, Suite 301	1(415) 391-9684 nems.org/services/integrative-medicine	Covered by Medi-Cal	Please call to make an appointment.	Brochure: <a href="https://nems.org/docs/integrated-health-service-brochure-en-ch">nems.org/docs/integrated-health-service-brochure-en-ch</a>
Physical Therapy	North East Medical Services (NEMS)*	San Francisco Pacific Clinic 728 Pacific Avenue, Suite 301	1(415) 391-9686 nems.org/services/integrative-medicine	Covered by Medi-Cal	Please call to make an appointment.	PCP referral and separate registration is required.  Brochure: <a href="https://nems.org/docs/integrated-health-service-brochure-en-ch">nems.org/docs/integrated-health-service-brochure-en-ch</a>
Mission						
Community Room Acupunture	San Francisco Community Acupuncture	228 Valencia Street	missionsfca.com/our-services	1st visit: \$50-70 sliding scale Follow-up: \$40-\$60	Please call to make an appointment.	Chairs are reclined and 10 feet from each other. Room is ventilated and masks are required.
Private Acupuncture	San Francisco Community Acupuncture	228 Valencia Street	missionsfca.com/our-services	\$110	Please call to make an appointment.	Private rooms with masks required.
Cupping	San Francisco Community Acupuncture	228 Valencia Street	missionsfca.com/our-services	1st visit: \$70 Follow-up: \$60	Please call to make an appointment.	Private rooms with masks required.
Acupuncture and Cupping Combo	San Francisco Community Acupuncture	228 Valencia Street	missionsfca.com/our-services	\$200	Please call to make an appointment.	Private rooms with masks required.

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Massage 60 minutes	San Francisco Community Acupuncture	228 Valencia Street	<a href="https://missionsfca.com/our-services">missionsfca.com/our-services</a>	\$135	Please call to make an appointment.	Sessions based on your needs and goals. May include Swedish massage, myofascial release, deep tissue work, trigger point therapy, acupressure, or other techniques.
Massage 90 minutes	San Francisco Community Acupuncture	228 Valencia Street	<a href="https://missionsfca.com/our-services">missionsfca.com/our-services</a>	\$200	Please call to make an appointment.	Sessions based on your needs and goals. May include Swedish massage, myofascial release, deep tissue work, trigger point therapy, acupressure, or other techniques.
Massage	San Francisco School of Massage and Bodywork Student Clinic	2973 16th Street, Suite 100	1(415) 660-7729 <a href="https://sfsm.edu/student-clinic">sfsm.edu/student-clinic</a>	\$45	By appointment on: Sundays 10:00am–3:00pm; Mondays 10:00am–8pm; Tuesdays 10:00am–3:00pm; Wednesdays 10:00am–8:00pm; Thursdays 3:00pm–8:00pm; Fridays 10:00am–8:00pm; Saturdays 10:00am–3:00pm	Book online at: <a href="https://clients.mindbodyonline.com/asp/adm/adm_appt_search.asp?studio_id=21042&amp;fl=true&amp;tabID=9">clients.mindbodyonline.com/asp/adm/adm_appt_search.asp?studio_id=21042&amp;fl=true&amp;tabID=9</a>
Seated Massage	Care Through Touch with the Gubbio Project	1661 15th Street	1(415) 533-4298 <a href="https://carethroughtouch.org/welcome">carethroughtouch.org/welcome</a>	No cost	2nd and 4th Mondays 9:30am–11:30am	
Portola						
Acupuncture	North East Medical Services (NEMS)*	San Francisco San Bruno Clinic 2633 San Bruno Avenue, 1st Floor	1(415) 391-9684 <a href="https://nems.org/services/integrative-medicine">nems.org/services/integrative-medicine</a>	Covered by Medi-Cal	Please call to make an appointment.	Brochure: <a href="https://nems.org/docs/integrated-health-service-brochure-en-ch">nems.org/docs/integrated-health-service-brochure-en-ch</a>

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Acupuncture	North East Medical Services (NEMS)*	San Francisco Leland Clinic 82 Leland Avenue	1(415) 391-9684 nems.org/services/integrative-medicine	Covered by Medi-Cal	Please call to make an appointment.	Brochure: nems.org/docs/integrated-health-service-brochure-en-ch
Chiropractic	North East Medical Services (NEMS)*	San Francisco San Bruno Clinic 2633 San Bruno Avenue, 1st Floor	1(415) 391-9685 nems.org/services/integrative-medicine	Medicare covers 80% of medically-necessary treatments. Medi-Cal covers 2 visits per month.	Please call to make an appointment.	Brochure: nems.org/docs/integrated-health-service-brochure-en-ch
Acupuncture	Silver Avenue Family Health Center*	1525 Silver Avenue	1(415) 657-1700 sf.gov/location/silver-avenue-family-health-center	No cost	By appointment only. Offered Wednesdays 1:00pm–4:30pm and Fridays 9:00am–12:00pm	English, Spanish, Cantonese, Mandarin, Vietnamese
Potrero Hill						
Acupuncture	American College of Traditional Chinese Medicine	American College of Traditional Chinese Medicine Community Clinic 450 Connecticut Street	1(415) 282-9603 actcm.edu/clinics	Treatment with student intern: \$35-\$65 sliding scale.  Discount for students with ID or low-income seniors over 62 years old: \$35.  Treatment with faculty: \$125.  Treatment with alumni: \$85.  Discount if you have Medi-Cal: Call for more information	Make an appointment here: actcm.edu/clinics/request-appointment	

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Private Acupuncture	Family Health Center at Zuckerberg San Francisco General Hospital*	995 Potrero Avenue	1(628) 206-7800 sf.gov/get-acupuncture-services	No cost	By appointment only on Tuesdays 8:00am–12:00pm and Wednesdays 1:00pm–5:00pm.	
Group Acupuncture	Family Health Center at Zuckerberg San Francisco General Hospital*	995 Potrero Avenue	1(628) 206-7800 sf.gov/get-acupuncture-services	No cost	Group drop-ins on Wednesdays 1:00pm–4:00pm	
South of Market (SOMA)						
Seated Massage	Care Through Touch with Sixth Street Self Help	181 6th Street	1(415) 369-3040 hospitalityhouse.org/sixth-street-self-help-center.html	No cost	Wednesdays 1:00pm–3:00pm	
Inner/Outer Sunset						
Acupuncture	North East Medical Services (NEMS)*	San Francisco Taraval Clinic 2308 Taraval Street	1(415) 391-9684 nems.org/services/integrative-medicine	Covered by Medi-Cal	Please call to make an appointment.	Brochure: nems.org/docs/integrated-health-service-brochure-en-ch/
Tenderloin						
Acupuncture	North East Medical Services (NEMS)*	San Francisco Stockton Clinic 1520 Stockton Street, 3rd Floor	1(415) 391-9684 nems.org/services/integrative-medicine	Covered by Medi-Cal	Please call to make an appointment.	Brochure: nems.org/docs/integrated-health-service-brochure-en-ch/
Chiropractic	North East Medical Services (NEMS)*	San Francisco Stockton Clinic 1520 Stockton Street, 3rd Floor	1(415) 391-9685 nems.org/services/integrative-medicine	Medicare covers 80% of medically-necessary treatments. Medi-Cal covers 2 visits per month.	Please call to make an appointment.	Brochure: nems.org/docs/integrated-health-service-brochure-en-ch/
Gentle Yoga	The Healing Well SF	Boeddeker Park 295 Eddy Street	1(415) 500-2099 healingwellsf.org/classes-meetings	No cost	Mondays 11:30am–12:30am, or call or check website for recent calendar	If raining, class will be offered at The Healing Well 374 Ellis St.

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Gentle Yoga	The Healing Well SF	Turk Hyde Mini Park 201 Hyde Street	1(415) 500-2100 healingwellsf.org/classes-meetings	No cost	Tuesdays 1:00pm–2:00pm, or call or check website for recent calendar	If raining, class will be offered at The Healing Well 374 Ellis St.
Tai-Chi	The Healing Well SF	Turk Hyde Mini Park 201 Hyde Street	1(415) 500-2101 healingwellsf.org/classes-meetings	No cost	Wednesdays 10:15am–11:15am, or call or check website for recent calendar	If raining, class will be offered at The Healing Well 374 Ellis St.
Tai-Chi	The Healing Well SF	Boeddeker Park 295 Eddy Street	1(415) 500-2102 healingwellsf.org/classes-meetings	No cost	Fridays 3:40pm–3:30pm, or call or check website for recent calendar	If raining, class will be offered at The Healing Well 374 Ellis St.
Yoga	The Healing Well SF	The Healing Well 374 Ellis Street	1(415) 500-2103 healingwellsf.org/classes-meetings	No cost	Thursdays 12:00pm–1:00pm, or call or check website for recent calendar	If raining, class will be offered at The Healing Well 374 Ellis St.
Acupuncture	Tom Waddell Health Center*	50 Dr. Tom Waddell Place	1(628) 206-7800 sf.gov/get-acupuncture-services	No cost	By appointment on Thursdays 1:00pm–4:00pm and Fridays 8:00am–5:00pm	
Acupuncture for Medical Respite Patients	Tom Waddell Health Center*	50 Dr. Tom Waddell Place	1(628) 206-7800 sf.gov/get-acupuncture-services	No cost	By appointment on Thursdays 1:00pm–5:00pm	Only for medical respite patients.
Seated Massage	Care Through Touch with Tenderloin Self Help	146 Leavenworth Street	1(415) 749-2143 hospitalityhouse.org/tenderloin-self-help-center.html	No cost	Tuesdays 10:00am–1:00pm	Sign up at front desk
Online						
Gentle Yoga	The Healing Well SF	us04web.zoom.us/j/388315067	1(415) 500-2103 healingwellsf.org	No cost	Fridays 9:00am–10:00am, or call or check website for recent calendar	

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Yoga	The Healing Well SF	us04web.zoom.us/j/388315067	1(415) 500-2104 healingwellsf.org	No cost	Wednesdays 9:00am–10:00am, or call or check website for recent calendar	
Prenatal Yoga	Homeless Prenatal	Zoom  For pregnant families: fill out this form if you want to join: docs.google.com/forms/d/e/1FAIpQLSc4j4vw8ayPI2qXBqxAb36z0UE1satQjy8QnX73xYrIEAjdbA/viewform	Guadalupe Valenzuela at: guadalupevalenzuela@homelessprenatal.org  homelessprenatal.org/featured/wellness-groups-and-classes	No cost	Tuesdays 10:00am–11:00am on Zoom, or call or check website for recent calendar	
Movement and Stretch	Homeless Prenatal	Zoom	Guadalupe Valenzuela at: guadalupevalenzuela@homelessprenatal.org  homelessprenatal.org/featured/wellness-groups-and-classes	No cost	Thursdays 1:30pm–2:30pm on Zoom, or call or check website for recent calendar	For all families.
Laughter Yoga	UCSF*	To register online, visit: ucsf.zoom.us/meeting/register/tJwqcuCh-qzorHtNvXFFonUwXsK-bLPubz5Arc	1(415) 353-7718 or email: osher.center.classes@ucsf.edu  osher.ucsf.edu/public-classes/laughter-yoga	No cost	Thursdays 6:00pm–9:00pm, or call or check website for recent calendar	
Restorative Yoga	UCSF*	To register online, visit: ucsf.zoom.us/meeting/register/tJEqcOGtr-ToqE9fB3BydZu8E-cR-Y47b2ld76	1(415) 353-7718 or email: osher.center.classes@ucsf.edu  osher.ucsf.edu/public-classes/restorative-yoga	No cost	Mondays 10:00am–11:00am, or call or check website for recent calendar	

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<b>Meditation</b>	Mission Dharma	Join email list to get Zoom meeting link: <a href="https://missiondharma.org/join-our-e-mail-list.html">missiondharma.org/join-our-e-mail-list.html</a>	<a href="mailto:sf.mission.dharma@gmail.com">sf.mission.dharma@gmail.com</a> <a href="https://missiondharma.org/">missiondharma.org/</a>	No cost, suggested donation of \$5-25	Tuesdays 7:00pm–8:30pm	
<b>Meditation</b>	San Francisco Insight	Sunday Zoom link: <a href="https://zoom.us/j/770594036?pwd=UVJwNmF0azdmTy9BcVpXd2p1N3dXQT09">zoom.us/j/770594036?pwd=UVJwNmF0azdmTy9BcVpXd2p1N3dXQT09</a>  Monday Zoom link: <a href="https://us02web.zoom.us/j/81474307011?pwd=U0xGVzRSNVVqRTJXS0doaWdnMkFPdz09">us02web.zoom.us/j/81474307011?pwd=U0xGVzRSNVVqRTJXS0doaWdnMkFPdz09</a>	<b>1(415) 776-4580</b> <a href="https://sfinsight.org/programs">sfinsight.org/programs</a>	No cost	Sundays 6:00pm–7:30pm and Mondays 12:00pm–1:00pm	
<b>LGBTQ+ Meditation Group</b>	East Bay Meditation Center	For Zoom info, email: <a href="mailto:alphabetsangha@eastbaymeditation.org">alphabetsangha@eastbaymeditation.org</a> to request Zoom link.	<a href="https://eastbaymeditation.org/about/contact">eastbaymeditation.org/about/contact</a> <a href="https://alphabet.eastbaymeditation.org">alphabet.eastbaymeditation.org</a>	No cost, donation-based	Tuesdays 7:00pm–8:30pm	
<b>Meditation group for people with disabilities, limitations, differences, and chronics</b>	East Bay Meditation Center	For Zoom info, email: <a href="mailto:ebem@eastbaymeditation.org">ebem@eastbaymeditation.org</a> to request a Zoom link.	<a href="https://eastbaymeditation.org/about/contact">eastbaymeditation.org/about/contact</a> <a href="https://eastbaymeditation.org/ebem">eastbaymeditation.org/ebem</a>	No cost, donation-based	Sundays 6:00pm–7:30pm	
<b>Midday meditation</b>	East Bay Meditation Center	For Zoom info, email: <a href="mailto:middaysangha@eastbaymeditation.org">middaysangha@eastbaymeditation.org</a>	<a href="https://eastbaymeditation.org/about/contact">eastbaymeditation.org/about/contact</a> <a href="https://eastbaymeditation.org/sanghas/#toggle-id-8">eastbaymeditation.org/sanghas/#toggle-id-8</a>	No cost, donation-based	Wednesdays 12:00pm–1:35pm	
<b>People of Color Meditation Group</b>	East Bay Meditation Center	For Zoom info, email: <a href="mailto:pocsangha@eastbaymeditation.org">pocsangha@eastbaymeditation.org</a>	<a href="https://eastbaymeditation.org/about/contact">eastbaymeditation.org/about/contact</a> <a href="https://poc.eastbaymeditation.org">poc.eastbaymeditation.org</a>	No cost, donation-based	Thursdays 7:30pm–9:00pm	