

## Free Health Services

Every 2<sup>nd</sup> Saturday of the Month

Time: 10:00 AM - 1:30 PM

**\*Last patient accepted at 12:30 PM**

## Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

## Next Clinic Date:

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## Who We Are

### About Us

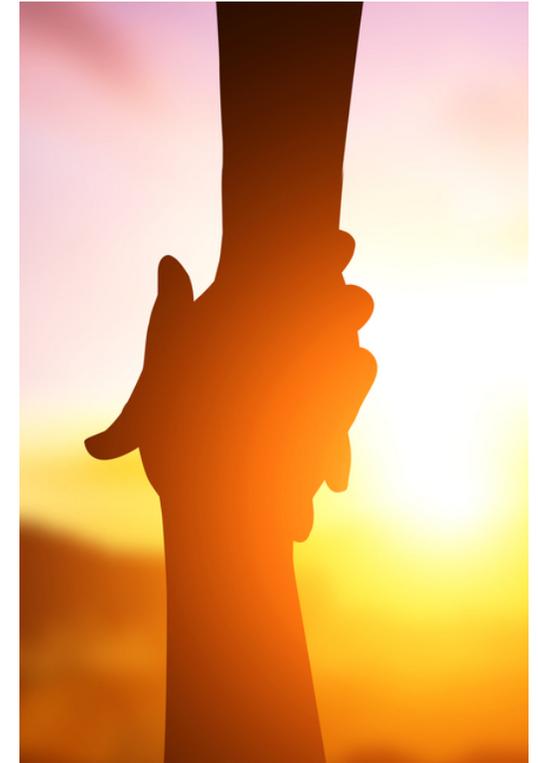
The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

### Contact Us

(415) 633-6421

[info@mabuhayhealthcenter.org](mailto:info@mabuhayhealthcenter.org)

[www.mabuhayhealthcenter.org](http://www.mabuhayhealthcenter.org)



Healthy  
Relationships

*MHC Behavioral Health*



**Mabuhay Health Center**

1010 Mission Street

San Francisco, CA 94103



## Overview of Healthy Relationships

A healthy relationship, with either friends, family members, or a partner, can be different for everyone. However, all healthy relationships have good communication, support, mutual respect, and trust. Having healthy relationships can improve your physical health as well as psychological well-being

## What is an Unhealthy Relationship?

Unhealthy or abusive relationships typically have these characteristics:

- Lack of communication, not talking about problems, or even talking to your partner in a controlling way
- Disrespect of each other's personal boundaries
- Lack of honesty and trust in each other
- Control over the other person
- Pressure or force from a partner to do something you do not want to do

## High Social Support

\*Network of family, friends, and community

- Improved mood, boosted outlook
- Help you reach your life and health goals
- Reduce overall stress and risk of depression
- Ease major life challenges
- Boost self-worth
- Increases likelihood of positive health habits
- Lowers the risk of developing dementia

## Relationship Maintenance

- Use Skype/Facetime or a phone call to catch up with family and friends from a distance
- Make time by doing a shared favorite activity
- Sign up for a class at your local recreation center, library, or university with them
- Have them over for a meal or snack
- Exercise with them by walking or attending a physical activity class
- Sing in a choir or play music in a group
- Participate in a neighborhood or community group with them

## Some Helpful Resources

National Domestic Abuse Hotline  
1-800-799-7233  
Available 24/7

Elder Crisis Intervention - Friendship Line  
1-800-971-0016  
Available 24/7