



Mental Health Peer Support for San Mateo County

## Heart & Soul Offers Virtual Peer Support Groups Online

You are invited to join us virtually  
for activities, connection, and support,  
wherever you are located. Welcome!

### MONDAY

- **WEEKLY WRAP Support Group 4:00 – 5:30 pm**  
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09#success>  
Meeting ID: 827 2064 7565

### TUESDAY

- **MONTHLY 1<sup>ST</sup> Tuesday of the Month Family Support Circle 12:30 – 2:00 pm** <https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09#success> Meeting ID: 827 2064 7565

### WEDNESDAY

- **WEEKLY Virtual Drop-In Hours 10:00 am – 11:00 am**  
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>  
Meeting ID: 827 2064 7565
- **MONTHLY 2<sup>ND</sup> Wednesday of the Month Men's Group 6:00 – 7:00 pm**  
<https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09>  
Meeting ID: 673 638 5879 Passcode: 873289

### THURSDAY

- **WEEKLY Total Wellness Online 11:00 am**  
<https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09>  
Meeting ID: 977 6794 1774 Passcode: 123456
- **WEEKLY Mindful Movement 2:00 pm**  
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>  
Meeting ID: 827 2064 7565
- **MONTHLY 1<sup>ST</sup> Thursday of the Month Alternatives to Suicide 3:30 – 5:00 pm** <https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09#success>  
Meeting ID: 827 2064 7565
- **MONTHLY 2<sup>ND</sup> Thursday of the Month Hearing Voices Support Group 3:30 – 5:00 pm**  
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09#success> Meeting ID: 827 2064 7565

### SATURDAY

- **MONTHLY 3<sup>RD</sup> Saturday of the Month Alternatives to Suicide for Youth & Young Adults 9:00 – 10:30 am** <https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>  
Meeting ID: 827 2064 7565

*Heart and Soul, Inc.*

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