

• Empower • Educate • Evolve •

HEART & SOUL COMMUNITY DROP-IN CENTER

YOUR PEER SUPPORT RESOURCE HUB

Please join us!

Heart and Soul Drop-In Center in Burlingame will be open every Monday as a gathering place and Peer Support information center

DROP-IN HOURS EVERY MONDAY

9:00 am - 12:00 pm AND 3:00 pm - 6:00 pm

PEER PARTICIPANTS

- Gather with your community for friendship, conversation, games, art, and more!
- Check-Ins and one-on-one conversations with Peer Support Specialists
- Interested in sharing your Recovery Story? Learn more about Seeing Through Stigma panelist and facilitator training, and opportunities for paid community speaking engagements.
- Learn about volunteer opportunities, and how Heart & Soul can offer a career path for becoming a Peer Support Specialist Intern.
- Discover opportunities for growth, recovery, and healing

COMMUNITY PARTNER RESOURCES

- Our Seeing Through Stigma program offers anti-stigma speaker panels in San Mateo County. Learn more about scheduling a speaker panel for your organization.
- The HOPE (Helping Our Peers Emerge) Program provides Peer Mentors for patients in locked psychiatric facilities. This innovative program supports Peer Participants with mentorship, Recovery role models, and resources for a healthy transition into the community upon discharge. Learn how you can support our emerging Peers.
- Total Wellness Club offers in-person and online wellness activities and support groups. Learn how you can support Heart & Soul's mission of mental wellness.
- Learn how to be a Mental Health ally, and how to support mental wellness in your community.

Heart & Soul Groups and Activities are free of charge, and are open to all residents of San Mateo County.



Mental Health Peer Support for San Mateo County

1633 Old Bayshore Hwy, Suite 258, Burlingame, CA 94010

Office Phone: 650-232-7426

For information, email: info@heartandsoulinc.org

Need to Talk? Call our Peer Warm Line 650-231-2024

for instant access to peer support counselors and mentors

www.heartandsoulinc.org

HOW TO GET TO OUR NEW LOCATION:



PUBLIC TRANSIT:

SAMTRANS Route 292 Bus Stop is located at Old Bayshore Hwy at Stanton, in front of our building.

For more Route 292 information, click the link below:

<https://www.samtrans.com/routes/292?center=-122.35326%7E37.66617>

