

# HEART & SOUL PROGRAM CALENDAR



# August 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> Total Wellness Online 11:00 am <a href="#">Click here to connect to group</a> <hr/> <b>BINGO</b> 1:00 pm In-Person at Burlingame <hr/> <b>Mindful Movement</b> 2:00 pm In-Person at Burlingame <b>OR</b> Virtually: <a href="#">Click here to connect to group</a> <hr/> <b>Alternatives to Suicide Adults</b> 3:30 pm Virtual Meeting <a href="#">Click here to connect to group</a>	<b>2</b> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo <hr/> <b>True Hope Movie Night</b> 3:00 pm – 6:30 pm In-Person at North County, Daly City	<b>3</b> <b>NEW DAY</b> Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame
<b>4</b>	<b>5</b> <b>NEW TIME</b> Photography for Wellness 11:00 am – 12:00 pm In-Person at Burlingame <hr/> WRAP Support Group 4:00– 5:30 pm Virtual Meeting via Zoom <a href="#">Click here to connect to group</a>	<b>6</b> Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame <hr/> Family Support Circle 12:30 – 2:00 pm Virtual Meeting via Zoom <a href="#">Click here to connect to group</a>	<b>7</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="#">Click here to connect to group</a> <hr/> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo <hr/> TW True Hope 11:30 am In-Person at North County, Daly City	<b>8</b> Total Wellness Online 11:00 am <a href="#">Click here to connect to group</a> <hr/> <b>BINGO</b> 1:00 pm In-Person at Burlingame <hr/> <b>Mindful Movement</b> 2:00 pm In-Person at Burlingame <b>OR</b> Virtually: <a href="#">Click here to connect to group</a> <hr/> <b>Hearing Voices Support Group</b> 3:30 pm Virtual Meeting via Zoom <a href="#">Click here to connect to group</a>	<b>9</b> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo <hr/> <b>True Hope Movie Night</b> 3:00 pm – 6:30 pm In-Person at North County, Daly City	<b>10</b> <b>NEW DAY</b> Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame
<b>11</b>	<b>12</b> <b>NEW TIME</b> Photography for Wellness 11:00 am – 12:00 pm In-Person at Burlingame <hr/> WRAP Support Group 4:00 – 5:30 pm Virtual Meeting via Zoom <a href="#">Click here to connect to group</a>	<b>13</b> Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame	<b>14</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="#">Click here to connect to group</a> <hr/> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo <hr/> TW True Hope 11:30 am In-Person at North County, Daly City	<b>15</b> Total Wellness Online 11:00 am <a href="#">Click here to connect to group</a> <hr/> <b>BINGO</b> 1:00 pm In-Person at Burlingame <hr/> <b>Mindful Movement</b> 2:00 pm In-Person at Burlingame <b>OR</b> Virtually: <a href="#">Click here to connect to group</a> <hr/> <b>Alternatives to Suicide Adults</b> 3:30 pm In-Person at Burlingame	<b>16</b> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo <hr/> <b>True Hope Movie Night</b> 3:00 pm – 6:30 pm In-Person at North County, Daly City	<b>17</b> Youth/Young Adults Alternatives to Suicide 9:00 – 10:30 am Virtual Meeting via Zoom <a href="#">Click here to connect to group</a>
<b>18</b> 	<b>19</b> <b>NEW TIME</b> Photography for Wellness 11:00 am – 12:00 pm In-Person at Burlingame <hr/> WRAP Support Group 4:00 – 5:30 pm Virtual Meeting via Zoom <a href="#">Click here to connect to group</a>	<b>20</b> Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame	<b>21</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="#">Click here to connect to group</a> <hr/> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo <hr/> TW True Hope 11:30 am In-Person at North County, Daly City	<b>22</b> Total Wellness Online 11:00 am <a href="#">Click here to connect to group</a> <hr/> <b>BINGO</b> 1:00 pm In-Person at Burlingame <hr/> <b>Mindful Movement</b> 2:00 pm In-Person at Burlingame <b>OR</b> Virtually: <a href="#">Click here to connect to group</a>	<b>23</b> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo <hr/> <b>True Hope Movie Night</b> 3:00 pm – 6:30 pm In-Person at North County, Daly City	<b>24</b> <b>NEW DAY</b> Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame
<b>25</b>	<b>26</b> <b>NEW TIME</b> Photography for Wellness 11:00 am – 12:00 pm In-Person at Burlingame <hr/> WRAP Support Group 4:00 – 5:30 pm Virtual Meeting via Zoom <a href="#">Click here to connect to group</a>	<b>27</b> Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame	<b>28</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="#">Click here to connect to group</a> <hr/> TW Friends of Hope 11:00 am In-Person at Central County, San Mateo <hr/> TW True Hope 11:30 am In-Person at North County, Daly City	<b>29</b> <b>NO GROUPS AUGUST 29 &amp; 30</b>	<b>30</b>	<b>31</b>

Please note: Though unlikely, times are subject to change without prior notice



Heart & Soul Offers In-Person and Virtual Community Wellness Activities, Support Groups, and Events in Burlingame, Daly City, Half Moon Bay, and San Mateo.  
Our activities are free of charge and are open to all residents of San Mateo County.  
For information & updates, visit our website: [www.heartandsoulinc.org](http://www.heartandsoulinc.org)  
**Community Drop-In Center:** 1633 Old Bayshore Hwy, Suite 160 • Burlingame, CA 94010

<b>MONDAY</b>	<p><b>WEEKLY Photography for Wellness</b> 3:00 - 4:00 pm In-Person at Burlingame Office</p> <p><b>WEEKLY WRAP Support Group</b> 4:00 – 5:30 pm Virtual Group via Zoom <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565</p>
<b>TUESDAY</b>	<p><b>WEEKLY Art for Wellness Zentangles</b> 11:00 am – 12:30 pm In-Person at Burlingame Office</p> <p><b>1<sup>st</sup> Tuesday Family Support Circle</b> 12:30 – 2:00 pm Virtual Group <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565</p>
<b>WEDNESDAY</b>	<p><b>WEEKLY Virtual Drop-In Hours</b> 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565</p> <p><b>WEEKLY Total Wellness Friends of Hope</b> 11:00 am – 2:00 pm In-Person at Central County, San Mateo <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i></p> <p><b>WEEKLY Total Wellness True Hope</b> 11:30 am - 2:00 pm In-Person at North County, Daly City <i>North County Clinic, 375 89th Avenue. Daly City, 94015</i></p>
<b>THURSDAY</b>	<p><b>WEEKLY Total Wellness Online</b> 11:00 <a href="https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09">https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09</a> Meeting ID: 977 6794 1774 Passcode: 123456</p> <p><b>WEEKLY BINGO</b> 1:00 pm In-Person at Burlingame</p> <p><b>WEEKLY Mindful Movement</b> 2:00 pm In-Person at Burlingame <b>OR</b> Virtual Group via Zoom: <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565</p> <p><b>1<sup>st</sup> Thursdays Alternatives to Suicide</b> 3:30 – 5:00 pm Virtual Group &amp; 3rd Thursdays In-Person at Burlingame Office <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565</p> <p><b>2<sup>nd</sup> Thursdays Hearing Voices Support Group</b> 3:30 – 5:00 pm Virtual Group <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565</p>
<b>FRIDAY</b>	<p><b>WEEKLY Total Wellness Friends of Hope</b> 11:00 am In-Person at Central County, San Mateo <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i></p> <p><b>WEEKLY True Hope Movie Night</b> 3:00 pm – 7:00 pm In-Person at North County, Daly City <i>North County Clinic, 375 89th Avenue. Daly City, 94015</i></p>
<b>SATURDAY</b>	<p><b>3<sup>RD</sup> Saturday Alternatives to Suicide for Youth &amp; Young Adults</b> 9:00 – 10:30 am Virtual Group <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565</p> <p><b>1st, 2nd and 4th Saturday Matinee Movie</b> 12:00 – 3:00 pm In-Person at Burlingame Office</p>