



TOTAL WELLNESS CLUB ACTIVITIES



July 2024



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

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
Community Drop-In Center: 1633 Old Bayshore Hwy, Suite 160 • Burlingame, CA 94010

MONDAY	<p>WEEKLY Photography for Wellness 3:00 - 4:00 pm In-Person at Burlingame Office</p> <p>WEEKLY WRAP Support Group 4:00 – 5:30 pm Virtual Group via Zoom https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565</p>
TUESDAY	<p>WEEKLY Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame Office</p> <p>1st Tuesday Family Support Circle 12:30 – 2:00 pm Virtual Group https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565</p>
WEDNESDAY	<p>WEEKLY Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565</p> <p>WEEKLY Total Wellness Friends of Hope 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>WEEKLY Total Wellness True Hope 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>
THURSDAY	<p>WEEKLY Total Wellness Online 11:00 https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09 Meeting ID: 977 6794 1774 Passcode: 123456</p> <p>WEEKLY BINGO 1:00 pm In-Person at Burlingame</p> <p>WEEKLY Mindful Movement 2:00 pm In-Person at Burlingame OR Virtual Group via Zoom: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565</p> <p>1st Thursdays Alternatives to Suicide 3:30 – 5:00 pm Virtual Group & 3rd Thursdays In-Person at Burlingame Office https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565</p> <p>2nd Thursdays Hearing Voices Support Group 3:30 – 5:00 pm Virtual Group https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565</p>
FRIDAY	<p>WEEKLY Total Wellness Friends of Hope 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>WEEKLY True Hope Movie Night 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>
SATURDAY	<p>3RD Saturday Alternatives to Suicide for Youth & Young Adults 9:00 – 10:30 am Virtual Group https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565</p> <p>1st, 2nd and 4th Saturday Matinee Movie 12:00 – 3:00 pm In-Person at Burlingame Office</p>