

TOTAL WELLNESS CLUB ACTIVITIES



June 2024



Honoring JUNETEENTH FREEDOM DAY June 19, 2024. June is also for Men's Health, PTSD Awareness & LGBTQAI Pride

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p>	<p>3 Monday Movie Matinee 12:00 - 3:00 pm In-Person at Burlingame</p> <hr/> <p>Photography for Wellness 3:00 - 4:00 pm In-Person at Burlingame</p> <hr/> <p>WRAP Support Group 4:00- 5:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/88678041239?pwd=MFJlVjZwZFBlcG90ME1GVmN6bnErdz09</p>	<p>4 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p> <hr/> <p>Family Support Circle 12:30 - 2:00 pm Virtual Meeting via Zoom Click here to connect to group</p> <hr/> <p>TW Coastside 1:00 - 2:00 pm In-Person at Coastside Clinic, Half Moon Bay</p>	<p>5 Virtual Drop-In Hours 10:00 am - 11:00 am Click here to connect to group</p> <hr/> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <hr/> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p> <hr style="border: 1px solid black; padding: 2px; background-color: black; color: white; text-align: center; font-weight: bold;"/> <p>OPEN HOUSE</p>	<p>6 Total Wellness Online 11:00 https://zoom.us/j/9776794174?pwd=SjBzUkN3SGlVU2k1pCMUzZzG1Zz09</p> <hr/> <p>BINGO 1:00 pm In-Person at Burlingame</p> <hr/> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: Click here to connect to group</p> <hr/> <p>Alternatives to Suicide 3:30 pm Virtual Meeting via Zoom Click here to connect to group</p>	<p>7 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <hr/> <p>True Hope Movie Night 3:00 pm - 7:00 pm In-Person at North County, Daly City</p>	<p>Click image for details</p>
<p>9</p>	<p>10 Monday Movie Matinee 12:00 - 3:00 pm In-Person at Burlingame</p> <hr/> <p>Photography for Wellness 3:00 - 4:00 pm In-Person at Burlingame</p> <hr/> <p>WRAP Support Group 4:00- 5:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/88678041239?pwd=MFJlVjZwZFBlcG90ME1GVmN6bnErdz09</p>	<p>11 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p>	<p>12 Virtual Drop-In Hours 10:00 am - 11:00 am Click here to connect to group</p> <hr/> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <hr/> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p> <hr/> <p>Men's Support Group 6:00 - 7:00 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/833838807?pwd=WsRzR3B0aHR2dDZlVzZzG1Zz09</p>	<p>13 Total Wellness Online 11:00 https://zoom.us/j/9776794174?pwd=SjBzUkN3SGlVU2k1pCMUzZzG1Zz09</p> <hr/> <p>BINGO 1:00 pm In-Person at Burlingame</p> <hr/> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: Click here to connect to group</p> <hr/> <p>Hearing Voices Support Group 3:30 pm Virtual Meeting via Zoom Click here to connect to group</p>	<p>14 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <hr/> <p>True Hope Movie Night 3:00 pm - 7:00 pm In-Person at North County, Daly City</p>	<p>15</p>
	<p>17 Monday Movie Matinee 12:00 - 3:00 pm In-Person at Burlingame</p> <hr/> <p>Photography for Wellness 3:00 - 4:00 pm In-Person at Burlingame</p> <hr/> <p>WRAP Support Group 4:00 - 5:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/88678041239?pwd=MFJlVjZwZFBlcG90ME1GVmN6bnErdz09</p>	<p>18 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p> <hr/> <p>TW Coastside 1:00 - 2:00 pm In-Person at Coastside Clinic, Half Moon Ba</p>	<p>H&S Office Closed & No Program at Centers</p>	<p>20 Total Wellness Online 11:00 https://zoom.us/j/9776794174?pwd=SjBzUkN3SGlVU2k1pCMUzZzG1Zz09</p> <hr/> <p>BINGO 1:00 pm In-Person at Burlingame</p> <hr/> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: Click here to connect to group</p> <hr/> <p>Alternatives to Suicide 3:30 pm In-Person at Burlingame</p>	<p>21 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <hr/> <p>True Hope Movie Night 3:00 pm - 7:00 pm In-Person at North County, Daly City</p>	<p>22</p> <p>Youth/Young Adult Alternatives to Suicide 9:00 - 10:30 am Virtual Meeting via Zoom Click here to connect to group</p>
<p>23</p>	<p>24 Monday Movie Matinee 12:00 - 3:00 pm In-Person at Burlingame</p> <hr/> <p>Photography for Wellness 3:00 - 4:00 pm In-Person at Burlingame</p> <hr/> <p>WRAP Support Group 4:00 - 5:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/88678041239?pwd=MFJlVjZwZFBlcG90ME1GVmN6bnErdz09</p>	<p>25 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p>	<p>26 Virtual Drop-In Hours 10:00 am - 11:00 am Click here to connect to group</p> <hr/> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <hr/> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p>	<p>27 Total Wellness Online 11:00 https://zoom.us/j/9776794174?pwd=SjBzUkN3SGlVU2k1pCMUzZzG1Zz09</p> <hr/> <p>BINGO 1:00 pm In-Person at Burlingame</p> <hr/> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: Click here to connect to group</p>	<p>28 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <hr/> <p>True Hope Movie Night 3:00 pm - 7:00 pm In-Person at North County, Daly City</p>	<p>29</p>
<p>30</p>	<p><i>Don't Miss Our Open House June 5, 3-6pm (1633 Old Bayshore Hwy, #160, Burlingame)</i></p>					<p>30</p>

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

WEEKLY Movie Matinee 12:00 pm - 3:00 pm In-Person at Burlingame
WEEKLY Photography for Wellness 3:00 - 4:00 pm In-Person at Burlingame
WEEKLY WRAP Support Group 4:00 – 5:30 pm Virtual Group via Zoom
<https://us06web.zoom.us/j/88678041239?pwd=MFJiVIZwZFBleG90ME1GVmN6bnErdz09> Meeting ID: 886 7804 1239 Passcode: 270418

TUESDAY

WEEKLY Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame
1st Tuesday Family Support Circle 12:30 – 2:00 pm Virtual Group on May 7th:
<https://us06web.zoom.us/j/82363351925>
1st and 3rd Tuesdays Total Wellness Coastsides 1:00 – 2:00 pm In-Person at Coastsides Clinic, Half Moon Bay
Coastsides County Clinic, 225 South Cabrillo Highway, Suite 100A, Half Moon Bay, CA 94019

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 Passcode: 344705
WEEKLY Total Wellness Friends of Hope 11:00 am – 2:00 pm In-Person at Central County, San Mateo
Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403
WEEKLY Total Wellness True Hope 11:30 am - 2:00 pm In-Person at North County, Daly City
North County Clinic, 375 89th Avenue. Daly City, CA 94015
2nd Wednesday Men's Support Group 6:00 – 7:00 pm Virtual Group on May 8th:
<https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09> Meeting ID: 673 638 5879 Passcode: 873289

THURSDAY

WEEKLY Total Wellness Online 11:00 <https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09>
Meeting ID: 977 6794 1774 Passcode: 123456
WEEKLY BINGO 1:00 pm In-Person at Burlingame
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 Passcode: 344705
1st and 3rd Thursdays Alternatives to Suicide 3:30 – 5:00 pm Virtual Group on May 2nd:
<https://us06web.zoom.us/j/82363351925> Meeting ID: 823 6335 1925 Passcode not required
In-Person Group on March 21st at Burlingame
2nd Thursdays Hearing Voices Support Group 3:30 – 5:00 pm Virtual Group on May 9th:
<https://us06web.zoom.us/j/86153025168?pwd=eG9yY2V3cEg4MmRDZz09> Meeting ID: 861 5302 5168 Passcode: 535321

FRIDAY

WEEKLY Total Wellness Friends of Hope 11:00 am In-Person at Central County, San Mateo
Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403
WEEKLY True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City
North County Clinic, 375 89th Avenue. Daly City, 94015

SATURDAY

3RD Saturday Alternatives to Suicide for Youth & Young Adults 9:00 – 10:30 am Virtual Group on May 18th:
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>
Meeting ID: 827 2064 7565 Passcode: 344705