



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 1ST 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

THURSDAY

- **WEEKLY Total Wellness Online 11:00 am**
<https://zoom.us/j/97767941774?pwd=SjBuSUxNSGlliVIU2K1pCMUVZbGI1Zz09#success>
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 1ST 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 2ND 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 3RD 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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