

TOTAL WELLNESS CLUB ACTIVITIES



April 2024



APRIL IS NATIONAL MINORITY HEALTH MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																			
	1 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame	2 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame Family Support Circle 12:30 – 2:00 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/82363351925 TW Coastside 1:00 - 2:00 pm In-Person at Coastside Clinic, Half Moon Bay	3 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo TW True Hope 11:30 am In-Person at North County, Daly City	4 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SjBuSUxNSGIRVlUzK1pCMlVZbGh1Zz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09 Alternatives to Suicide 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/82363351925	5 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City	6																																			
	Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame						Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09	7#	8 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame	9 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame WRAP Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/886780412397pwd=MFp1VWZWFBlcG9GM1E1VWVnN6bnErdz09	10 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FycEwwZz09 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo TW True Hope 11:30 am In-Person at North County, Daly City Men's Support Group 6:00 – 7:00 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09	11 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SjBuSUxNSGIRVlUzK1pCMlVZbGh1Zz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09 Hearing Voices Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09	12 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City	13#	Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame	Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09	14	15 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame	16 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame Coastside 1:00 - 2:00 pm In-Person at Coastside Clinic, Half Moon Bay	17 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo TW True Hope 11:30 am In-Person at North County, Daly City	18 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SjBuSUxNSGIRVlUzK1pCMlVZbGh1Zz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09 Alternatives to Suicide 3:30 pm In-Person at Burlingame	19 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City	20 Youth/Young Adult Alternatives to Suicide 9:00 – 10:30 am Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09	Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame	Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09	21	22 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame	23 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame WRAP Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/886780412397pwd=MFp1VWZWFBlcG9GM1E1VWVnN6bnErdz09	24 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo TW True Hope 11:30 am In-Person at North County, Daly City	25 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SjBuSUxNSGIRVlUzK1pCMlVZbGh1Zz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09 Alternatives to Suicide 3:30 pm In-Person at Burlingame	26 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City	27	Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame	Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/827206475657pwd=QUUNNR0p1M1FNSUdENkIPN2FycEwwZz09	28	29 NO ACTIVITIES Heart & Soul Closed for Professional Development	30 NO ACTIVITIES Heart & Soul Closed for Professional Development	WE'VE MOVED! We invite you to join us in our spacious new Community Drop-In Center for Wellness Activities, Connection, and Support. Suite 160 (downstairs from our previous location) 1633 Old Bayshore Hwy, Burlingame, CA 94010			
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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

<p>MONDAY</p>	<p>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 Virtual Drop-In Hours 4:00 - 5:00 pm https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 Passcode: 344705</p>
<p>TUESDAY</p>	<p>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 March 2nd: 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 <i>Coastsides County Clinic, 225 South Cabrillo Highway, Suite 100A, Half Moon Bay, CA 94019</i> 2nd and 4th Tuesdays WRAP Support Group 3:30 – 5:00 pm Virtual Group via Zoom on March 9th & March 23rd https://us06web.zoom.us/j/88678041239?pwd=MFijVIZwZFBleG90ME1GVmN6bnErdz09 Meeting ID: 886 7804 1239 Passcode: 270418</p>
<p>WEDNESDAY</p>	<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 Passcode: 344705 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> 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, CA 94015</i> 2nd Wednesday Men's Support Group 2nd Wednesday Virtual Group on March 13th: https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09 Meeting ID: 673 638 5879 Passcode: 873289</p>
<p>THURSDAY</p>	<p>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 March 7th: 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 March 14th: https://us06web.zoom.us/j/86153025168?pwd=eG9yY2V3cEg4MmRDZz09 Meeting ID: 861 5302 5168 Passcode: 535321</p>
<p>FRIDAY</p>	<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> 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>
<p>SATURDAY</p>	<p>3RD Saturday Alternatives to Suicide for Youth & Young Adults 9:00 – 10:30 am Virtual Group on March 16th: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 Passcode: 344705</p>