

# This Week at Heart & Soul

<b>MONDAY</b> 4/1	<b>Monday Movie Matinee</b> 12:00 pm - 3:00 pm <i>Burlingame Community Drop-In Center</i> <b>Photography for Wellness</b> 3:00 – 4:00 pm <i>In-Person at Burlingame</i> <b>Virtual Drop-In Hours</b> 4:00 - 5:00 pm <b>JOIN ZOOM MEETING:</b> <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a>
<b>TUESDAY</b> 4/2	<b>Zentangles</b> 11:00 am – 12:30 pm <i>Burlingame Community Drop-In Center</i> <b>Family Support Circle</b> 12:30 – 2:00 pm <b>JOIN ZOOM MEETING:</b> <a href="https://us06web.zoom.us/j/82363351925">https://us06web.zoom.us/j/82363351925</a> <b>In-Person Group at Coastsides</b> 1:00 – 2:00 pm <i>Coastside County Clinic, 225 South Cabrillo Highway, Suite 100A, Half Moon Bay, CA 94019</i>
<b>WEDNESDAY</b> 4/3	<b>Virtual Drop-In Hours</b> 10:00 am - 11:00 am <b>JOIN ZOOM MEETING:</b> <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> <b>In-Person Group at Friends of Hope</b> 11:00 am – 1:30 pm <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i> <b>In-Person Group at True Hope</b> 11:30 am – 1:30 pm <i>North County Clinic, 375 89th Avenue, Daly City, CA 94015</i>
<b>THURSDAY</b> 4/4	<b>Total Wellness Club Online</b> 11:00 am -12:00 pm <b>JOIN ZOOM MEETING:</b> <a href="https://zoom.us/j/97767941774?pwd=SjBuSUxNSGliVIU2K1pCMUVZbGI1Zz09">https://zoom.us/j/97767941774?pwd=SjBuSUxNSGliVIU2K1pCMUVZbGI1Zz09</a> Meeting ID: 977 6794 1774 Passcode: 123456 <b>Bingo</b> 1:00 pm <i>Burlingame Community Drop-In Center</i> <b>Mindful Movement</b> 2:00 pm <i>In Person at Burlingame Community Drop-In Center</i> <b>OR VIRTUAL OPTION</b> <b>JOIN ZOOM MEETING:</b> <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> <b>Alternatives to Suicide Support Group</b> 3:30 - 5:00 pm <b>JOIN ZOOM MEETING:</b> <a href="https://us06web.zoom.us/j/82363351925?pwd=dEV1NGRlcVpGMkc2bXdSMW5VK1laQT09">https://us06web.zoom.us/j/82363351925?pwd=dEV1NGRlcVpGMkc2bXdSMW5VK1laQT09</a> Meeting ID: 823 6335 1925 Passcode not required
<b>FRIDAY</b> 4/5	<b>Total Wellness Friends of Hope</b> 11:00 am <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i> <b>True Hope Friday Movie Night</b> 3:00 pm – 7:00 pm <i>North County Clinic, 375 89th Avenue, Daly City, CA 94015</i>