



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 **Virtual Drop-In Hours** 4:00 - 5:00 pm  
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>  
Meeting ID: 827 2064 7565 Passcode: 344705

### TUESDAY

- 2<sup>ND</sup> and 4<sup>TH</sup> Tuesday of the Month **WRAP Support Group** 3:30 - 5:00 pm  
<https://us06web.zoom.us/j/88678041239?pwd=MFijVIZwZFBleG90ME1GVmN6bnErdz09>  
Meeting ID: 886 7804 1239 Passcode 270418

### 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
- MONTHLY 2<sup>ND</sup> Wednesday of the Month **Men's Support Group** 6:00 - 7:00 pm  
<https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09>  
Meeting ID: 673 638 5879 Passcode: 873289

### THURSDAY

- WEEKLY **Total Wellness Online** 11:00 am  
<https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09>  
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 Passcode: 344705
- MONTHLY 1<sup>ST</sup> Thursday of the Month **Alternatives to Suicide** 3:30 - 5:00 pm  
<https://us06web.zoom.us/j/82363351925?pwd=dEV1NGRlcVpGMkc2bXdSMW5VK1laQT09>  
Meeting ID: 823 6335 1925 Passcode not required
- MONTHLY 2<sup>ND</sup> Thursday of the Month **Hearing Voices Support Group** 3:30 - 5:00 pm  
<https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrK1JxZz09>  
Meeting ID: 861 5302 5168 Passcode: 535321

### SATURDAY

- MONTHLY 3<sup>RD</sup> Saturday of the Month **Alternatives to Suicide for Youth & Young Adults** 9:00 - 10:30 am  
<https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09>  
Meeting ID: 673 638 5879 Passcode: 873289

*Heart and Soul, Inc.*

*Mental Health Peer Support for San Mateo County*

Community Drop-In Center: 1633 Old Bayshore Hwy, Suite 160 | Burlingame, CA 94010  
650-232-7426 (Main Office) | Fax: 650-226-5940 (Fax) | Visit our website: [www.heartandsoulinc.org](http://www.heartandsoulinc.org)