



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** 3:30 – 5:00 pm
<https://us06web.zoom.us/j/88678041239?pwd=MFJlVlZwZFBleG90ME1GVmN6bnErdz09>
Meeting ID: 886 7804 1239 Passcode: 270418
- 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

- MONTHLY 1ST Tuesday of the Month **Family Support Circle** 12:30 – 2:00 pm
<https://us06web.zoom.us/j/82363351925>

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 2ND Wednesday of the Month **Men's 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 1ST 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 2ND 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 3RD 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.

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650-232-7426 (Main Office) | Fax: 650-226-5940 (Fax) | Visit our website: www.heartandsoulinc.org