

TOTAL WELLNESS CLUB ACTIVITIES



FEBRUARY 2024



CELEBRATING BLACK HISTORY MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SBuSUXNSGIVU2K1pCMUJZbG1Zz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09 Alternatives to Suicide 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/82363351925	2 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	3 Movie & Pizza 12:00 pm In-Person at Burlingame
4	5 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame 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/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09	6 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame Family Member Support Circle 12:30 – 2:00 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/82363351925	7 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09 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	8 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SBuSUXNSGIVU2K1pCMUJZbG1Zz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09 Hearing Voices Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/86153025168?pwd=icQylnh3NDY0bH1YRmBjYk1Zz09	9 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	10 Lunar New Year Movie & Pizza 12:00 pm In-Person at Burlingame
11	12 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame 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/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09	13 Mardi Gras 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/826780412337?pwd=MFJlVlZwZFBlcG90ME1GVmNlbnErdz09	14 Happy Valentine's Day Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09 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/6736385879?pwd=cWszRE80NnpHR2dDZV3cEg4MmRDRz09	15 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SBuSUXNSGIVU2K1pCMUJZbG1Zz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09 Alternatives to Suicide 3:30 pm In-Person at Burlingame	16 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	17 Youth/Young Adult Alternatives to Suicide 9:00 – 10:30 am Virtual Meeting via Zoom https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09 Movie & Pizza 12:00 pm In-Person at Burlingame
18	19 NO ACTIVITIES Presidents' Day Federal Holiday 	20 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame	21 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09 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 FEBRUARY OPEN HOUSE 3:00 – 6:00 pm Burlingame Community Drop-In Center	22 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SBuSUXNSGIVU2K1pCMUJZbG1Zz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09	23 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	24 Movie & Pizza 12:00 pm In-Person at Burlingame
25	26 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame 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/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09	27 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/826780412337?pwd=MFJlVlZwZFBlcG90ME1GVmNlbnErdz09	28 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZz09 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	29 NO ACTIVITIES Heart & Soul Closed for Professional Development		

Please note: Though unlikely, times are subject to change without prior notice



Heart & Soul Offers In-Person and Virtual Community Wellness Activities, Support Groups, and Events in Burlingame, Daly City, 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 258 • Burlingame, CA 94010

MONDAY	<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>
TUESDAY	<p>WEEKLY Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame NEW SUPPORT GROUP! 1st Tuesday Family Member Support Circle 12:30 – 2:00 pm February 6th Virtual Group via Zoom: https://us06web.zoom.us/j/82363351925 Meeting ID: 823 6335 1925 2nd and 4th Tuesdays WRAP Support Group 3:30 – 5:00 pm February 13th and 27th Virtual Groups via Zoom: https://us06web.zoom.us/j/88678041239?pwd=MFijVIZwZFBleG9OME1GVmN6bnErdz09 Meeting ID: 886 7804 1239 Passcode: 270418</p>
WEDNESDAY	<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> NEW TIME - 2nd Wednesday Men's Support Group 6:00 – 7:00 pm February 14th Virtual Group via Zoom: https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09 Wednesday, February 21 • 3:00 – 6:00 pm FEBRUARY OPEN HOUSE at Burlingame Community Drop-In Center</p>
THURSDAY	<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 <i>OR</i> 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 February 1st Virtual Group: https://us06web.zoom.us/j/82363351925 February 15th In-Person Group at Burlingame 2nd Thursday Hearing Voices Support Group 3:30 – 5:00 pm February 8th Virtual Group: https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrK1JxZz09 Meeting ID: 861 5302 5168 Passcode: 535321</p>
FRIDAY	<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>
SATURDAY	<p>WEEKLY Movie & Pizza 12:00 pm In-Person at Burlingame 3RD Saturday Alternatives to Suicide for Youth & Young Adults 9:00 – 10:30 am Virtual Group on February 17th: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 Passcode: 344705</p>