

This Week at Heart & Soul

MONDAY 9/30	NO ACTIVITIES <i>Heart & Soul Closed for Professional Development</i>
TUESDAY 10/1	Zentangles 11:00 am – 12:30 pm <i>In-Person at Burlingame Community Drop-In Center</i> Family Member Support Circle 12:30 – 2:00 pm JOIN ZOOM MEETING: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09
WEDNESDAY 10/2	Virtual Drop-In Hours 10:00 am - 11:00 am JOIN ZOOM MEETING: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 In-Person Group at Friends of Hope 11:00 am – 1:30 pm <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i> In-Person Group at True Hope 11:30 am – 1:30 pm <i>North County Clinic, 375 89th Avenue. Daly City, CA 94015</i>
THURSDAY 10/3	Total Wellness Club Online 11:00 am -12:00 pm JOIN ZOOM MEETING: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Bingo 1:00 - 2:00 pm <i>In-Person at Burlingame Community Drop-In Center</i> Mindful Movement 2:00 - 3:00 pm <i>In Person at Burlingame Community Drop-In Center</i> <i>OR on ZOOM: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</i> Alternatives to Suicide Adults 3:30 – 5:00 pm JOIN ZOOM MEETING: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09
FRIDAY 10/4	In-Person Group at Friends of Hope 11:00 am – 2:00 pm <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i> True Hope Friday Movie Night 3:00 pm – 7:00 pm <i>North County Clinic, 375 89th Avenue. Daly City, CA 94015</i>
SATURDAY 10/5	Movie Matinee 12:00 pm - 3:00 pm <i>In-Person at Burlingame Community Drop-In Center</i>