



TOTAL WELLNESS CLUB ACTIVITIES



JULY 2023



HONORING BIPOC MENTAL HEALTH MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p>	<p>3 NO ACTIVITIES</p> <p><i>Heart & Soul Closed for Professional Development</i></p>	<p>4</p> <p>HAPPY</p>  <p>Independence DAY</p>	<p>5 Virtual Drop-In Hours 10:00 am – 11:00 am</p> <p>https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UdENkPN2FvcEwwZz09</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p>	<p>6 Total Wellness Online 11:00</p> <p>https://zoom.us/j/97767941774?pwd=SlBuSUXN5GIiVlU2K1pCMUVZbG11Zz09</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame</p> <p>Alternatives to Suicide 3:30 pm https://us06web.zoom.us/j/82363351925?pwd=eEY1NGRlcVpGMkc2bDkxSMW5SVk1aGtO9</p>	<p>7</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>	<p>8 Movie & Pizza 12:00 pm In-Person at Burlingame</p> <p>Men's Group 4:00 pm https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZV3cEg4MmRDZz09</p>
<p>9</p>	<p>10 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame</p> <p>Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UdENkPN2FvcEwwZz09</p>	<p>11 Art for Wellness Zentangles 11:00 am In-Person at Burlingame</p> <p>Photography for Wellness 12:30 pm In-Person at Burlingame</p>	<p>12 Virtual Drop-In Hours 10:00 am – 11:00 am</p> <p>https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UdENkPN2FvcEwwZz09</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p>	<p>13 Total Wellness Online 11:00</p> <p>https://zoom.us/j/97767941774?pwd=SlBuSUXN5GIiVlU2K1pCMUVZbG11Zz09</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame</p> <p>Hearing Voices Group 3:30 pm https://us06web.zoom.us/j/86153025168?pwd=eG5ybithSDNYdHR1YTRhbXVrK1JzZz09</p>	<p>14</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>	<p>15 Courageous Conversations: HEART & SOUL PRESENTS AN ORIGINAL RECOVERY DRAMA "No! Not My Son"</p>
<p>16</p>	<p>17 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame</p> <p>Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UdENkPN2FvcEwwZz09</p>	<p>18 Art for Wellness Zentangles 11:00 am In-Person at Burlingame</p> <p>Photography for Wellness 12:30 pm In-Person at Burlingame</p>	<p>19 Virtual Drop-In Hours 10:00 am – 11:00 am</p> <p>https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UdENkPN2FvcEwwZz09</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p> <p>Monthly Community Drop-In Center Open House 3:00 – 6:00 PM at Burlingame</p>	<p>20 Total Wellness Online 11:00</p> <p>https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZV3cEg4MmRDZz09</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame</p> <p>Alternatives to Suicide 3:30 pm In-Person at Burlingame</p>	<p>21 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City</p> <p>Virtual Open House 7:00 pm https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZV3cEg4MmRDZz09</p>	<p>22 Movie & Pizza 12:00 pm In-Person at Burlingame</p>
<p>23</p>	<p>24 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame</p> <p>Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UdENkPN2FvcEwwZz09</p>	<p>25 Art for Wellness Zentangles 11:00 am In-Person at Burlingame</p> <p>Photography for Wellness 12:30 pm In-Person at Burlingame</p> <p>WRAP Support Group 3:30 pm <i>Virtual Meeting via Zoom</i> https://us06web.zoom.us/j/89678041239?pwd=MlFjVlZwZFlleG90METGVmN6mErdz09</p>	<p>26 Virtual Drop-In Hours 10:00 am – 11:00 am</p> <p>https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UdENkPN2FvcEwwZz09</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p>	<p>27 Total Wellness Online 11:00</p> <p>https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZV3cEg4MmRDZz09</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame</p> <p>Hearing Voices Group 3:30 pm In-Person at Burlingame</p>	<p>28</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>	<p>29 NO ACTIVITIES</p> <p><i>Heart & Soul Closed for Professional Development</i></p>
<p>30</p>	<p>31 NO ACTIVITIES</p> <p><i>Heart & Soul Closed for Professional Development</i></p>					

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 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 NEW TIME Art for Wellness Zentangles 11:00 am In-Person at Burlingame WEEKLY NEW TIME Photography for Wellness 12:30 pm In-Person at Burlingame 4th Tuesday WRAP Support Group 3:30 – 5:00 pm July 25th Virtual Group via Zoom https://us06web.zoom.us/j/88678041239?pwd=MFJjVIZwZFBleG90ME1GVmN6bnErdz09 Meeting ID: 886 7804 1239 Passcode not required</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> 3RD Wednesday MONTHLY OPEN HOUSE July 19th 3:00 PM – 6:00 PM In-Person at Burlingame</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 1st and 3rd Thursdays Alternatives to Suicide 3:30 – 5:00 pm Virtual Group on July 6th: https://us06web.zoom.us/j/82363351925?pwd=dEV1NGRIcVpGMkc2bXdSMW5VK1laQT09 Meeting ID: 823 6335 1925 Passcode not required In-Person Group on July 20th at Burlingame 2nd and 4th Thursdays Hearing Voices Support Group 3:30 – 5:00 pm Virtual Group on July 13th: https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrK1JxZz09 Meeting ID: 861 5302 5168 Passcode: 535321 In-Person Group on July 27nd at Burlingame</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, CA 94015</i> 3rd Friday: Virtual Open House 7:00 pm Virtual Group on July 21st: https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09 Meeting ID: 673 638 5879 Passcode: 873289</p>
SATURDAY	<p>July 8th & July 22nd : Movie & Pizza 12:00 pm In-Person at Burlingame 2ND Saturday Men's Group 4:00 pm Virtual Group on July 8th: https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09 Meeting ID: 673 638 5879 Passcode: 873289 JULY 15th Courageous Conversations: HEART & SOUL PRESENTS AN ORIGINAL RECOVERY DRAMA “No! Not My Son” ***** Tickets on Sale via EventBrite *****</p>

SAVE THE DATE! • ANNUAL PICNIC - Sunday, August 20 - 11:00 am to 3:00 pm • San Mateo Central Park •