



Mental Health Peer Support for San Mateo County

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</p> <p>WEEKLY Virtual Drop-In Hours 4:00 - 6:00 pm</p> <p>https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</p> <p>Meeting ID: 827 2064 7565 Passcode: 344705</p>
TUESDAY	<p>WEEKLY Art for Wellness Zentangles 1:00 pm In-Person at Burlingame</p> <p>WEEKLY Photography for Wellness 2:00 pm In-Person at Burlingame</p> <p>4th Tuesday WRAP Support Group 3:30 – 5:00 pm</p> <p>May 23rd Virtual Group via Zoom https://us06web.zoom.us/j/88678041239?pwd=MFljVIZwZFBleG9OME1GVmN6bnErdz09</p> <p>Meeting ID: 886 7804 1239</p>
WEDNESDAY	<p>WEEKLY Virtual Drop-In Hours 10:00 am – 12:00 pm</p> <p>https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</p> <p>Meeting ID: 827 2064 7565 Passcode: 344705</p> <p>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></p> <p>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></p> <p>3RD Wednesday MONTHLY OPEN HOUSE May 17th 3:00 PM – 6:00 PM In-Person at Burlingame</p>
THURSDAY	<p>WEEKLY Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SjBuSUxNSGhVlU2K1pCMUVZbGl1Zz09</p> <p>WEEKLY BINGO 1:00 pm In-Person at Burlingame</p> <p>WEEKLY Mindful Movement 2:00 pm In-Person at Burlingame</p> <p>1st and 3rd Thursdays Alternatives to Suicide 3:30 – 5:00 pm Virtual Group on May 4th:</p> <p>https://us06web.zoom.us/j/82363351925?pwd=dEV1NGRlCVpGMkc2bXdSMW5VK1laQT09</p> <p>In-Person Group on May 18th at Burlingame</p> <p>2nd and 4th Thursdays Hearing Voices Support Group 3:30 – 5:00 pm Virtual Group on May 11th:</p> <p>https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrK1JxZz09</p> <p>In-Person Group on May 25th 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></p> <p>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></p> <p>3rd Friday: Virtual Open House 7:00 pm https://us06web.zoom.us/j/82363494819</p>
SATURDAY	<p>WEEKLY Movie & Pizza 12:00 pm In-Person at Burlingame</p> <p>2ND Saturday Men's Group 4:00 pm https://us06web.zoom.us/j/85246040724</p>

Save the Date!

- May OPEN HOUSE Wednesday, May 17 3:00 – 6:00 pm
- June PRIDE Celebration Saturday, June 10th at San Mateo Central Park
- July 15 RECOVERY DRAMA “No! Not My Son”
- ANNUAL PICNIC Sunday, August 20 11:00 am -3:00 pm