

# TOTAL WELLNESS CLUB ACTIVITIES



# FEBRUARY 2024



## CELEBRATING BLACK HISTORY MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/97767941774?pwd=SjB5UkNSGjVlUzK1pCMUJZbGZkZ09">https://zoom.us/j/97767941774?pwd=SjB5UkNSGjVlUzK1pCMUJZbGZkZ09</a> <b>BINGO 1:00 pm</b> In-Person at Burlingame <b>Mindful Movement 2:00 pm</b> In-Person at Burlingame OR Virtually: <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a> <b>Alternatives to Suicide 3:30 pm</b> Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/82363351925">https://us06web.zoom.us/j/82363351925</a>	<b>2</b> 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	<b>3</b> Movie & Pizza 12:00 pm In-Person at Burlingame
<b>4</b>	<b>5</b> 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 <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a>	<b>6</b> 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 <a href="https://us06web.zoom.us/j/82363351925">https://us06web.zoom.us/j/82363351925</a>	<b>7</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a> 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	<b>8</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/97767941774?pwd=SjB5UkNSGjVlUzK1pCMUJZbGZkZ09">https://zoom.us/j/97767941774?pwd=SjB5UkNSGjVlUzK1pCMUJZbGZkZ09</a> <b>BINGO 1:00 pm</b> In-Person at Burlingame <b>Mindful Movement 2:00 pm</b> In-Person at Burlingame OR Virtually: <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a> <b>Hearing Voices Support Group 3:30 pm</b> Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/86153025168?pwd=icQyNmhSNDY0bHk1YTlRbDhXK1JkZ09">https://us06web.zoom.us/j/86153025168?pwd=icQyNmhSNDY0bHk1YTlRbDhXK1JkZ09</a>	<b>9</b> 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	<b>10</b> Lunar New Year  Movie & Pizza 12:00 pm In-Person at Burlingame
<b>11</b>	<b>12</b> 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 <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a>	<b>13</b> 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 <a href="https://us06web.zoom.us/j/826780412337?pwd=MFJlVlZwZFBlcG90ME1GVmN0bnErdz09">https://us06web.zoom.us/j/826780412337?pwd=MFJlVlZwZFBlcG90ME1GVmN0bnErdz09</a>	<b>14</b> Happy Valentine's Day Virtual Drop-In Hours 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a> 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 Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/6736385879?pwd=cWxzRE80NnpHR2dDZjV3cEg4MmR0Z09">https://us06web.zoom.us/j/6736385879?pwd=cWxzRE80NnpHR2dDZjV3cEg4MmR0Z09</a>	<b>15</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/97767941774?pwd=SjB5UkNSGjVlUzK1pCMUJZbGZkZ09">https://zoom.us/j/97767941774?pwd=SjB5UkNSGjVlUzK1pCMUJZbGZkZ09</a> <b>BINGO 1:00 pm</b> In-Person at Burlingame <b>Mindful Movement 2:00 pm</b> In-Person at Burlingame OR Virtually: <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a> <b>Alternatives to Suicide 3:30 pm</b> In-Person at Burlingame	<b>16</b> 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	<b>17</b> Youth/Young Adult Alternatives to Suicide 9:00 – 10:30 am Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a>  Movie & Pizza 12:00 pm In-Person at Burlingame
<b>18</b>	<b>19</b> NO ACTIVITIES Presidents' Day Federal Holiday  	<b>20</b> Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame	<b>21</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a> 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  <b>FEBRUARY OPEN HOUSE</b> 3:00 – 6:00 pm Burlingame Community Drop-In Center	<b>22</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/97767941774?pwd=SjB5UkNSGjVlUzK1pCMUJZbGZkZ09">https://zoom.us/j/97767941774?pwd=SjB5UkNSGjVlUzK1pCMUJZbGZkZ09</a> <b>BINGO 1:00 pm</b> In-Person at Burlingame  <b>Mindful Movement 2:00 pm</b> In-Person at Burlingame OR Virtually: <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a>	<b>23</b> 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	<b>24</b> Movie & Pizza 12:00 pm In-Person at Burlingame
<b>25</b>	<b>26</b> 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 <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a>	<b>27</b> Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame  WRAP Support Group 3:30 pm Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/826780412337?pwd=MFJlVlZwZFBlcG90ME1GVmN0bnErdz09">https://us06web.zoom.us/j/826780412337?pwd=MFJlVlZwZFBlcG90ME1GVmN0bnErdz09</a>	<b>28</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkPNZFcEwwZ09</a> 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	<b>29</b> NO ACTIVITIES  Heart & Soul Closed for Professional Development	<p>Know the past, shape the future.</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](http://www.heartandsoulinc.org)  
**Community Drop-In Center:** 1633 Old Bayshore Hwy, Suite 258 • Burlingame, CA 94010

<p><b>MONDAY</b></p>	<p>WEEKLY <b>Movie Matinee</b> 12:00 pm - 3:00 pm In-Person at Burlingame          WEEKLY <b>Photography for Wellness</b> 3:00 - 4:00 pm In-Person at Burlingame          WEEKLY <b>Virtual Drop-In Hours</b> 4:00 - 5:00 pm  <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565 Passcode: 344705</p>
<p><b>TUESDAY</b></p>	<p>WEEKLY <b>Art for Wellness Zentangles</b> 11:00 am – 12:30 pm In-Person at Burlingame  <b>NEW SUPPORT GROUP!</b> 1<sup>st</sup> Tuesday <b>Family Member Support Circle</b> 12:30 – 2:00 pm          February 6<sup>th</sup> Virtual Group via Zoom:  <a href="https://us06web.zoom.us/j/82363351925">https://us06web.zoom.us/j/82363351925</a> Meeting ID: 823 6335 1925          2<sup>nd</sup> and 4<sup>th</sup> Tuesdays <b>WRAP Support Group</b> 3:30 – 5:00 pm          February 13<sup>th</sup> and 27<sup>th</sup> Virtual Groups via Zoom:  <a href="https://us06web.zoom.us/j/88678041239?pwd=MFijVIZwZFBleG9OME1GVmN6bnErdz09">https://us06web.zoom.us/j/88678041239?pwd=MFijVIZwZFBleG9OME1GVmN6bnErdz09</a> Meeting ID: 886 7804 1239 Passcode: 270418</p>
<p><b>WEDNESDAY</b></p>	<p>WEEKLY <b>Virtual Drop-In Hours</b> 10:00 am – 11:00 am  <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565 Passcode: 344705          WEEKLY <b>Total Wellness Friends of Hope</b> 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 <b>Total Wellness True Hope</b> 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>  <b>NEW TIME - 2<sup>nd</sup> Wednesday Men's Support Group</b> 6:00 – 7:00 pm          February 14<sup>th</sup> Virtual Group via Zoom: <a href="https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09">https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09</a>          Wednesday, February 21 • 3:00 – 6:00 pm <b>FEBRUARY OPEN HOUSE</b> at Burlingame Community Drop-In Center</p>
<p><b>THURSDAY</b></p>	<p>WEEKLY <b>Total Wellness Online</b> 11:00 <a href="https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09">https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09</a>          Meeting ID: 977 6794 1774 Passcode: 123456          WEEKLY <b>BINGO</b> 1:00 pm In-Person at Burlingame          WEEKLY <b>Mindful Movement</b> 2:00 pm In-Person at Burlingame <i>OR</i> Virtual Group via Zoom:  <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565 Passcode: 344705          1<sup>st</sup> and 3<sup>rd</sup> Thursdays <b>Alternatives to Suicide</b> 3:30 – 5:00 pm          February 1<sup>st</sup> Virtual Group: <a href="https://us06web.zoom.us/j/82363351925">https://us06web.zoom.us/j/82363351925</a>          February 15<sup>th</sup> In-Person Group at Burlingame          2<sup>nd</sup> Thursday <b>Hearing Voices Support Group</b> 3:30 – 5:00 pm          February 8<sup>th</sup> Virtual Group :  <a href="https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrK1JxZz09">https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrK1JxZz09</a> Meeting ID: 861 5302 5168 Passcode: 535321</p>
<p><b>FRIDAY</b></p>	<p>WEEKLY <b>Total Wellness Friends of Hope</b> 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 <b>True Hope Movie Night</b> 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>
<p><b>SATURDAY</b></p>	<p>WEEKLY <b>Movie &amp; Pizza</b> 12:00 pm In-Person at Burlingame          3<sup>RD</sup> Saturday <b>Alternatives to Suicide for Youth &amp; Young Adults</b> 9:00 – 10:30 am Virtual Group on February 17<sup>th</sup>:  <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a>          Meeting ID: 827 2064 7565 Passcode: 344705</p>