

TOTAL WELLNESS CLUB ACTIVITIES



# MAY 2024



Honoring Asian American and Pacific Islander Heritage Month + Celebrating May Mental Health Awareness Month 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>#SMCAgainstLoneliness</b> <b>#MayMentalHealthMonth</b></p> <p>Learn more at <a href="https://SMCHealth.org/MHM">SMCHealth.org/MHM</a></p>		<p><b>1</b></p> <p><b>Virtual Drop-In Hours</b> 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09">https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09</a></p> <p><b>TW Friends of Hope 11:00 am</b> In-Person at Central County, San Mateo</p> <p><b>TW True Hope 11:30 am</b> In-Person at North County, Daly City</p>	<p><b>2</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzGhZz09">https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzGhZz09</a></p> <p><b>BINGO 1:00 pm</b> In-Person at Burlingame</p> <p><b>Mindful Movement 2:00 pm</b> In-Person at Burlingame <b>OR</b> Virtually: <a href="https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09">https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09</a></p> <p><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></p>	<p><b>3</b></p> <p><b>TW Friends of Hope</b> 11:00 am In-Person at Central County, San Mateo</p> <p><b>True Hope Movie Night</b> 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>	<p><b>4</b></p>
	<p><b>5#</b></p>	<p><b>6</b></p> <p><b>Monday Movie Matinee</b> 12:00 – 3:00 pm In-Person at Burlingame</p> <p><b>Photography for Wellness</b> 3:00 – 4:00 pm In-Person at Burlingame</p> <p><b>WRAP Support Group 4:00– 5:30 pm</b> Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/886780412397pwd=MFJlVzZFlleG90ME1GVmN6bnErdz09">https://us06web.zoom.us/j/886780412397pwd=MFJlVzZFlleG90ME1GVmN6bnErdz09</a></p>	<p><b>7</b></p> <p><b>Art for Wellness Zentangles</b> 11:00 am -12:30 pm In-Person at Burlingame</p> <p><b>Family Support Circle</b> 12:30 – 2:00 pm Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/82363351925">https://us06web.zoom.us/j/82363351925</a></p> <p><b>TW Coastside 1:00 - 2:00 pm</b> In-Person at Coastside Clinic, Half Moon Bay</p>	<p><b>8</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FvcEwZz09">https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FvcEwZz09</a></p> <p><b>TW Friends of Hope 11:00 am</b> In-Person at Central County, San Mateo</p> <p><b>TW True Hope 11:30 am</b> In-Person at North County, Daly City</p> <p><b>Men's Support Group 6:00 – 7:00 pm</b> Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/82363351925?pwd=VWpRCS0uMjR2ZlZlZz09">https://us06web.zoom.us/j/82363351925?pwd=VWpRCS0uMjR2ZlZlZz09</a></p>	<p><b>9</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzGhZz09">https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzGhZz09</a></p> <p><b>BINGO 1:00 pm</b> In-Person at Burlingame</p> <p><b>Mindful Movement 2:00 pm</b> In-Person at Burlingame <b>OR</b> Virtually: <a href="https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09">https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09</a></p> <p><b>Hearing Voices Support Group 3:30 pm</b> Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/8615302516870wd=G9yblhSDNYdHR1YRrhXvK1JzZz09">https://us06web.zoom.us/j/8615302516870wd=G9yblhSDNYdHR1YRrhXvK1JzZz09</a></p>	<p><b>10</b></p> <p><b>TW Friends of Hope</b> 11:00 am In-Person at Central County, San Mateo</p> <p><b>True Hope Movie Night</b> 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>
<p><b>12</b></p>	<p><b>13</b></p> <p><b>Monday Movie Matinee</b> 12:00 – 3:00 pm In-Person at Burlingame</p> <p><b>Photography for Wellness</b> 3:00 – 4:00 pm In-Person at Burlingame</p> <p><b>WRAP Support Group 4:00 – 5:30 pm</b> Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/886780412397pwd=MFJlVzZFlleG90ME1GVmN6bnErdz09">https://us06web.zoom.us/j/886780412397pwd=MFJlVzZFlleG90ME1GVmN6bnErdz09</a></p>	<p><b>14</b></p> <p><b>Art for Wellness Zentangles</b> 11:00 am -12:30 pm In-Person at Burlingame</p>	<p><b>15</b></p> <p><b>Virtual Drop-In Hours</b> 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09">https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09</a></p> <p><b>TW Friends of Hope 11:00 am</b> In-Person at Central County, San Mateo</p> <p><b>TW True Hope 11:30 am</b> In-Person at North County, Daly City</p>	<p><b>16</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzGhZz09">https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzGhZz09</a></p> <p><b>BINGO 1:00 pm</b> In-Person at Burlingame</p> <p><b>Mindful Movement 2:00 pm</b> In-Person at Burlingame <b>OR</b> Virtually: <a href="https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09">https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09</a></p> <p><b>Alternatives to Suicide 3:30 pm</b> In-Person at Burlingame</p>	<p><b>17</b></p> <p><b>TW Friends of Hope</b> 11:00 am In-Person at Central County, San Mateo</p> <p><b>True Hope Movie Night</b> 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>	<p><b>18</b></p> <p><b>Youth/Young Adult Alternatives to Suicide</b> 9:00 – 10:30 am Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09">https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09</a></p>
<p><b>19</b></p>	<p><b>20</b></p> <p><b>Monday Movie Matinee</b> 12:00 – 3:00 pm In-Person at Burlingame</p> <p><b>Photography for Wellness</b> 3:00 – 4:00 pm In-Person at Burlingame</p> <p><b>WRAP Support Group 4:00 – 5:30 pm</b> Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/886780412397pwd=MFJlVzZFlleG90ME1GVmN6bnErdz09">https://us06web.zoom.us/j/886780412397pwd=MFJlVzZFlleG90ME1GVmN6bnErdz09</a></p>	<p><b>21</b></p> <p><b>Art for Wellness Zentangles</b> 11:00 am -12:30 pm In-Person at Burlingame</p> <p><b>TW Coastside 1:00 - 2:00 pm</b> In-Person at Coastside Clinic, Half Moon Bay</p>	<p><b>22</b></p> <p><b>Virtual Drop-In Hours</b> 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09">https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09</a></p> <p><b>TW Friends of Hope 11:00 am</b> In-Person at Central County, San Mateo</p> <p><b>TW True Hope 11:30 am</b> In-Person at North County, Daly City</p>	<p><b>23</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzGhZz09">https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzGhZz09</a></p> <p><b>BINGO 1:00 pm</b> In-Person at Burlingame</p> <p><b>Mindful Movement 2:00 pm</b> In-Person at Burlingame <b>OR</b> Virtually: <a href="https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09">https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZFcwZz09</a></p>	<p><b>24</b></p> <p><b>TW Friends of Hope</b> 11:00 am In-Person at Central County, San Mateo</p> <p><b>True Hope Movie Night</b> 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b> NO ACTIVITIES</p>	<p><b>28</b></p> <p><b>Art for Wellness Zentangles</b> 11:00 am -12:30 pm In-Person at Burlingame</p>	<p><b>29</b> NO ACTIVITIES</p> <p><i>Heart &amp; Soul Closed for Professional Development</i></p>	<p><b>30</b> NO ACTIVITIES</p> <p><i>Heart &amp; Soul Closed for Professional Development</i></p>	<p><b>31</b> NO ACTIVITIES</p> <p><i>Heart &amp; 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, Half Moon Bay, 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 160 • Burlingame, CA 94010

<b>MONDAY</b>	<p><b>WEEKLY Movie Matinee</b> 12:00 pm - 3:00 pm In-Person at Burlingame</p> <p><b>WEEKLY Photography for Wellness</b> 3:00 - 4:00 pm In-Person at Burlingame</p> <p><b>WEEKLY WRAP Support Group</b> 4:00 – 5:30 pm Virtual Group via Zoom <a href="https://us06web.zoom.us/j/88678041239?pwd=MFJiVIZwZFBleG90ME1GVmN6bnErdz09">https://us06web.zoom.us/j/88678041239?pwd=MFJiVIZwZFBleG90ME1GVmN6bnErdz09</a> Meeting ID: 886 7804 1239 Passcode: 270418</p>
<b>TUESDAY</b>	<p><b>WEEKLY Art for Wellness Zentangles</b> 11:00 am – 12:30 pm In-Person at Burlingame</p> <p><b>1<sup>st</sup> Tuesday Family Support Circle</b> 12:30 – 2:00 pm Virtual Group on May 7<sup>th</sup>: <a href="https://us06web.zoom.us/j/82363351925">https://us06web.zoom.us/j/82363351925</a></p> <p><b>1<sup>st</sup> and 3<sup>rd</sup> Tuesdays Total Wellness Coastsides</b> 1:00 – 2:00 pm In-Person at Coastsides Clinic, Half Moon Bay <i>Coastsides County Clinic, 225 South Cabrillo Highway, Suite 100A, Half Moon Bay, CA 94019</i></p>
<b>WEDNESDAY</b>	<p><b>WEEKLY 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</p> <p><b>WEEKLY 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></p> <p><b>WEEKLY 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></p> <p><b>2<sup>nd</sup> Wednesday Men's Support Group</b> 6:00 – 7:00 pm Virtual Group on May 8<sup>th</sup>: <a href="https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09">https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09</a> Meeting ID: 673 638 5879 Passcode: 873289</p>
<b>THURSDAY</b>	<p><b>WEEKLY 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</p> <p><b>WEEKLY BINGO</b> 1:00 pm In-Person at Burlingame</p> <p><b>WEEKLY Mindful Movement</b> 2:00 pm In-Person at Burlingame <b>OR</b> 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</p> <p><b>1<sup>st</sup> and 3<sup>rd</sup> Thursdays Alternatives to Suicide</b> 3:30 – 5:00 pm Virtual Group on May 2<sup>nd</sup>: <a href="https://us06web.zoom.us/j/82363351925">https://us06web.zoom.us/j/82363351925</a> Meeting ID: 823 6335 1925 Passcode not required</p> <p><b>In-Person Group on March 21<sup>st</sup> at Burlingame</b></p> <p><b>2<sup>nd</sup> Thursdays Hearing Voices Support Group</b> 3:30 – 5:00 pm Virtual Group on May 9<sup>th</sup>: <a href="https://us06web.zoom.us/j/86153025168?pwd=eG9yY2V3cEg4MmRDZz09">https://us06web.zoom.us/j/86153025168?pwd=eG9yY2V3cEg4MmRDZz09</a> Meeting ID: 861 5302 5168 Passcode: 535321</p>
<b>FRIDAY</b>	<p><b>WEEKLY 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></p> <p><b>WEEKLY 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>
<b>SATURDAY</b>	<p><b>3<sup>RD</sup> Saturday Alternatives to Suicide for Youth &amp; Young Adults</b> 9:00 – 10:30 am Virtual Group on May 18<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>