





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> 3:30 – 5:00 pm Virtual Group via Zoom <a href="https://us06web.zoom.us/j/88678041239?pwd=MFJiVlZwZFBleG90ME1GVmN6bnErdz09">https://us06web.zoom.us/j/88678041239?pwd=MFJiVlZwZFBleG90ME1GVmN6bnErdz09</a> Meeting ID: 886 7804 1239 Passcode: 270418</p> <p><b>WEEKLY 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>
<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>