

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>#SMCAgainstLoneliness #MayMentalHealthMonth</p> <p>Learn more at SMCHealth.org/MHM</p>		<p>1</p> <p>Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZjFvcEwzZ09</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>2</p> <p>Total Wellness Online 11:00 https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzBlZz09</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZjFvcEwzZ09</p> <p>Alternatives to Suicide 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/82363351925</p>	<p>3</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>4</p>
	<p>5#</p>	<p>6</p> <p>Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame</p> <p>Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame</p> <p>WRAP Support Group 4:00– 5:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/886780412397pwd=MFJlVjZlZjFleG90ME1GVmN6bnErdz09</p>	<p>7</p> <p>Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p> <p>Family Support Circle 12:30 – 2:00 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/82363351925</p> <p>TW Coastside 1:00 - 2:00 pm In-Person at Coastside Clinic, Half Moon Bay</p>	<p>8</p> <p>Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FvcEwzZ09</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>Men's Support Group 6:00 – 7:00 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/82363351925?pwd=VWpRSE80NngHR2dDZlVjZlZjFleG90ME1GVmN6bnErdz09</p>	<p>9</p> <p>Total Wellness Online 11:00 https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzBlZz09</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZjFvcEwzZ09</p> <p>Hearing Voices Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/8615302516870wd=EGyblhSDNYdHR1YTRhXVkJLjZz09</p>	<p>10</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>12</p>	<p>13</p> <p>Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame</p> <p>Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame</p> <p>WRAP Support Group 4:00 – 5:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/886780412397pwd=MFJlVjZlZjFleG90ME1GVmN6bnErdz09</p>	<p>14</p> <p>Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p>	<p>15</p> <p>Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZjFvcEwzZ09</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>16</p> <p>Total Wellness Online 11:00 https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzBlZz09</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZjFvcEwzZ09</p> <p>Alternatives to Suicide 3:30 pm In-Person at Burlingame</p>	<p>17</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>18</p> <p>Youth/Young Adult Alternatives to Suicide 9:00 – 10:30 am Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZjFvcEwzZ09</p>
<p>19</p>	<p>20</p> <p>Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame</p> <p>Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame</p> <p>WRAP Support Group 4:00 – 5:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/886780412397pwd=MFJlVjZlZjFleG90ME1GVmN6bnErdz09</p>	<p>21</p> <p>Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p> <p>TW Coastside 1:00 - 2:00 pm In-Person at Coastside Clinic, Half Moon Bay</p>	<p>22</p> <p>Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZjFvcEwzZ09</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>23</p> <p>Total Wellness Online 11:00 https://zoom.us/j/977679417747pwd=SjBzUkNjSGVlU2k1pCMUvZzBlZz09</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657pwd=QUNNR0p1M1FNSUdENkPNZjFvcEwzZ09</p>	<p>24</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>25</p>
<p>26</p>	<p>27 NO ACTIVITIES</p> <p>MEMORIAL DAY REMEMBER AND HONOR</p>	<p>28</p> <p>Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p>	<p>29 NO ACTIVITIES</p> <p><i>Heart & Soul Closed for Professional Development</i></p>	<p>30 NO ACTIVITIES</p> <p><i>Heart & Soul Closed for Professional Development</i></p>	<p>31 NO ACTIVITIES</p> <p><i>Heart & Soul Closed for Professional Development</i></p>	<p>MAY ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH</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

Community Drop-In Center: 1633 Old Bayshore Hwy, Suite 160 • Burlingame, CA 94010

MONDAY	<p>WEEKLY Movie Matinee 12:00 pm - 3:00 pm In-Person at Burlingame</p> <p>WEEKLY Photography for Wellness 3:00 - 4:00 pm In-Person at Burlingame</p> <p>WEEKLY WRAP Support Group 4:00 – 5:30 pm Virtual Group via Zoom https://us06web.zoom.us/j/88678041239?pwd=MFJiVIZwZFBleG90ME1GVmN6bnErdz09 Meeting ID: 886 7804 1239 Passcode: 270418</p>
TUESDAY	<p>WEEKLY Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame</p> <p>1st Tuesday Family Support Circle 12:30 – 2:00 pm Virtual Group on May 7th: https://us06web.zoom.us/j/82363351925</p> <p>1st and 3rd Tuesdays Total Wellness Coastsides 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>
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</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>2nd Wednesday Men's Support Group 6:00 – 7:00 pm Virtual Group on May 8th: https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09 Meeting ID: 673 638 5879 Passcode: 873289</p>
THURSDAY	<p>WEEKLY Total Wellness Online 11:00 https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09 Meeting ID: 977 6794 1774 Passcode: 123456</p> <p>WEEKLY BINGO 1:00 pm In-Person at Burlingame</p> <p>WEEKLY Mindful Movement 2:00 pm In-Person at Burlingame OR Virtual Group via Zoom: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 Passcode: 344705</p> <p>1st and 3rd Thursdays Alternatives to Suicide 3:30 – 5:00 pm Virtual Group on May 2nd: https://us06web.zoom.us/j/82363351925 Meeting ID: 823 6335 1925 Passcode not required</p> <p>In-Person Group on March 21st at Burlingame</p> <p>2nd Thursdays Hearing Voices Support Group 3:30 – 5:00 pm Virtual Group on May 9th: https://us06web.zoom.us/j/86153025168?pwd=eG9yY2V3cEg4MmRDZz09 Meeting ID: 861 5302 5168 Passcode: 535321</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, 94015</i></p>
SATURDAY	<p>3RD Saturday Alternatives to Suicide for Youth & Young Adults 9:00 – 10:30 am Virtual Group on May 18th: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 Passcode: 344705</p>