

# TOTAL WELLNESS CLUB ACTIVITIES



# SEPTEMBER 2023



September is National Recovery Month . . . *prevention works • treatment is effective • people recover*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Take Action For Suicide Prevention</b> Know the Signs • Find the Words • Reach Out <b>September is Suicide Prevention Awareness Month</b>					<b>1</b> TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> True Hope Movie Night 3:00 pm – 7:00 pm <i>In-Person at North County, Daly City</i>	<b>2</b> Movie & Pizza 12:00 pm <i>In-Person at Burlingame</i>
<b>3</b>	<b>4</b> NO ACTIVITIES 	<b>5</b> Art for Wellness Zentangles 11:00 am – 12:30 pm <i>In-Person at Burlingame</i>	<b>6</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a> TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i>	<b>7</b> Total Wellness Online 11:00 <a href="https://zoom.us/j/97767941774?pwd=SjBuSUxNcGllVU2K1pCMUwZbG11Zz09">https://zoom.us/j/97767941774?pwd=SjBuSUxNcGllVU2K1pCMUwZbG11Zz09</a> BINGO 1:00 pm <i>In-Person at Burlingame</i> Mindful Movement 2:00 pm <i>In-Person at Burlingame OR Virtually:</i> <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a> Alternatives to Suicide 3:30 pm <a href="https://us06web.zoom.us/j/823633519257?pwd=dEVjNGRlcVnGK2bXk5SMW5Vkl1aD09">https://us06web.zoom.us/j/823633519257?pwd=dEVjNGRlcVnGK2bXk5SMW5Vkl1aD09</a>	<b>8</b> TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> True Hope Movie Night 3:00 pm – 7:00 pm <i>In-Person at North County, Daly City</i>	<b>9</b> Movie & Pizza 12:00 pm <i>In-Person at Burlingame</i> Men's Group 4:00 pm <a href="https://us06web.zoom.us/j/6736385879?pwd=WszRE80NnpHR2dDZ2V3cEg4MmRDZz09">https://us06web.zoom.us/j/6736385879?pwd=WszRE80NnpHR2dDZ2V3cEg4MmRDZz09</a>
<b>10</b>	<b>11</b> Monday Movie Matinee 12:00 – 3:00 pm <i>In-Person at Burlingame</i> Photography for Wellness 3:00 – 4:00 pm <i>In-Person at Burlingame</i> Virtual Drop-In Hours 4:00 pm – 5:00 pm <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a>	<b>12</b> Art for Wellness Zentangles 11:00 am – 12:30 pm <i>In-Person at Burlingame</i> WRAP Support Group 3:30 pm Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBleG90ME1GVmN6bnErdz09">https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBleG90ME1GVmN6bnErdz09</a>	<b>13</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a> TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i>	<b>14</b> Total Wellness Online 11:00 <a href="https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09">https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09</a> BINGO 1:00 pm <i>In-Person at Burlingame</i> Mindful Movement 2:00 pm <i>In-Person at Burlingame OR Virtually:</i> <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a> Hearing Voices Group 3:30 pm <a href="https://us06web.zoom.us/j/86153025168?pwd=eG9wbmthSDNYGHR1YTRhbXVrK1JzZz09">https://us06web.zoom.us/j/86153025168?pwd=eG9wbmthSDNYGHR1YTRhbXVrK1JzZz09</a>	<b>15</b> TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> True Hope Movie Night 3:00 pm – 7:00 pm <i>In-Person at North County, Daly City</i>	<b>16</b> Movie & Pizza 12:00 pm <i>In-Person at Burlingame</i>
<b>17</b>	<b>18</b> Monday Movie Matinee 12:00 – 3:00 pm <i>In-Person at Burlingame</i> Photography for Wellness 3:00 – 4:00 pm <i>In-Person at Burlingame</i> Virtual Drop-In Hours 4:00 pm – 5:00 pm <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a>	<b>19</b> Art for Wellness Zentangles 11:00 am -12:30 pm <i>In-Person at Burlingame</i>	<b>20</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a> TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i>	<b>21</b> Total Wellness Online 11:00 <a href="https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09">https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09</a> BINGO 1:00 pm <i>In-Person at Burlingame</i> Mindful Movement 2:00 pm <i>In-Person at Burlingame OR Virtually:</i> <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a> Alternatives to Suicide 3:30 pm <i>In-Person at Burlingame</i>	<b>22</b> TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> True Hope Movie Night 3:00 pm – 7:00 pm <i>In-Person at North County, Daly City</i>	<b>23</b> Movie & Pizza 12:00 pm <i>In-Person at Burlingame</i>
<b>24</b>	<b>25</b> Monday Movie Matinee 12:00 – 3:00 pm <i>In-Person at Burlingame</i> Photography for Wellness 3:00 – 4:00 pm <i>In-Person at Burlingame</i> Virtual Drop-In Hours 4:00 pm – 5:00 pm <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a>	<b>26</b> Art for Wellness Zentangles 11:00 am – 12:30 pm <i>In-Person at Burlingame</i> WRAP Support Group 3:30 pm Virtual Meeting via Zoom <a href="https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBleG90ME1GVmN6bnErdz09">https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBleG90ME1GVmN6bnErdz09</a>	<b>27</b> Virtual Drop-In Hours 10:00 am – 11:00 am <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a> TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i>	<b>28</b> Total Wellness Online 11:00 <a href="https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09">https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09</a> BINGO 1:00 pm <i>In-Person at Burlingame</i> Mindful Movement 2:00 pm <i>In-Person at Burlingame OR Virtually:</i> <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklnPNZfcEwwZz09</a> Hearing Voices Group 3:30 pm <i>In-Person at Burlingame</i>	<b>29</b> NO ACTIVITIES Heart & Soul Closed for Professional Development	<b>30</b> NO ACTIVITIES Heart & Soul Closed for Professional Development

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>New Time! 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 In-Person at Burlingame          2<sup>nd</sup> and 4<sup>th</sup> Tuesdays <b>WRAP Support Group</b> 3:30 – 5:00 pm          September 12<sup>th</sup> &amp; September 26<sup>th</sup> Virtual Group via Zoom  <a href="https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBleG9OME1GVmN6bnErdz09">https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBleG9OME1GVmN6bnErdz09</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></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>New Virtual Option 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          1<sup>st</sup> and 3<sup>rd</sup> Thursdays <b>Alternatives to Suicide</b> 3:30 – 5:00 pm Virtual Group on September 7<sup>th</sup> :  <a href="https://us06web.zoom.us/j/82363351925?pwd=dEV1NGRIcVpGMkc2bXdSMW5VK1laQT09">https://us06web.zoom.us/j/82363351925?pwd=dEV1NGRIcVpGMkc2bXdSMW5VK1laQT09</a> Meeting ID: 823 6335 1925 Passcode not required          In-Person Group on September 21<sup>st</sup> at Burlingame          2<sup>nd</sup> and 4<sup>th</sup> Thursdays <b>Hearing Voices Support Group</b> 3:30 – 5:00 pm Virtual Group on September 14<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          In-Person Group on September 28<sup>th</sup> at Burlingame</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          2<sup>ND</sup> Saturday <b>Men's Group</b> 4:00 pm Virtual Group on September 9<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>