## TOTAL WELLNESS CLUB ACTIVITIES

### HONORING PRIDE MONTH

**JUNE 2023**

**SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY**

1. **Total Wellness Online 11:00 am**
   - TW Friends of Hope
   - Virtual Drop-In Hours
   - TW Friends of Hope 11:00 am
   - TW True Hope 11:30 am
   - Hearing Voices Group 3:30 pm
   - In-Person at North County, Daly City

2. **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

3. **Movie & Pizza**
   - 12:00 pm
   - In-Person at Burlingame

4. **Monday Movie Matinee**
   - 12:00 – 3:00 pm
   - In-Person at Burlingame

5. **Art for Wellness Zentangles**
   - 1:00 pm
   - In-Person at Burlingame

6. **Photography for Wellness**
   - 2:00 pm
   - In-Person at Burlingame

7. **Virtual Drop-In Hours**
   - 10:00 am – 12:00 pm
   - TW Friends of Hope 11:00 am
   - TW Friends of Hope 11:00 am
   - TW True Hope 11:30 am
   - Mindful Movement 2:00 pm
   - In-Person at Central County, San Mateo
   - In-Person at North County, Daly City

8. **Total Wellness Online 11:00 am**
   - TW Friends of Hope
   - Mindful Movement 2:00 pm
   - In-Person at Burlingame
   - Alternatives to Suicide 3:30 pm
   - In-Person at Burlingame

9. **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

10. **Movie & Pizza 12:00 pm**
    - In-Person at Central County, San Mateo

11. **Monday Movie Matinee**
    - 12:00 – 3:00 pm
    - In-Person at Burlingame

12. **Wednesday Movie Matinee**
    - 12:00 – 3:00 pm
    - In-Person at Burlingame

13. **NO ACTIVITIES**
    - Heart & Soul Closed for Professional Development

14. **Virtual Drop-In Hours**
    - 10:00 am – 12:00 pm
    - TW Friends of Hope 11:00 am
    - TW True Hope 11:30 am
    - TW True Hope 11:30 am
    - In-Person at North County, Daly City

15. **Total Wellness Online 11:00 am**
    - TW Friends of Hope
    - Mindful Movement 2:00 pm
    - In-Person at Burlingame
    - Alternatives to Suicide 3:30 pm
    - In-Person at Burlingame

16. **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

17. **Movie & Pizza 12:00 pm**
    - In-Person at Central County, San Mateo

18. **NO ACTIVITIES**
    - Heart & Soul Closed for Professional Development

19. **NO ACTIVITIES**
    - Heart & Soul Closed for Professional Development

20. **Virtual Drop-In Hours**
    - 10:00 am – 12:00 pm
    - TW Friends of Hope 11:00 am
    - TW True Hope 11:30 am
    - TW True Hope 11:30 am
    - In-Person at North County, Daly City

21. **Total Wellness Online 11:00 am**
    - TW Friends of Hope
    - TW Friends of Hope 11:00 am
    - TW True Hope 11:30 am
    - Monthly Community Drop-In Center
    - Open House
    - 3:00 – 6:00 pm
    - In-Person at Burlingame

22. **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

23. **Movie & Pizza 12:00 pm**
    - In-Person at Central County, San Mateo

24. **Movie & Pizza 12:00 pm**
    - In-Person at Central County, San Mateo

25. **Monday Movie Matinee**
    - 12:00 – 3:00 pm
    - In-Person at Burlingame

26. **Art for Wellness Zentangles**
    - NEW TIME:
    - 2:00 pm
    - In-Person at Burlingame

27. **Virtual Drop-In Hours**
    - 10:00 am – 12:00 pm
    - TW Friends of Hope 11:00 am
    - TW True Hope 11:30 am
    - TW True Hope 11:30 am
    - In-Person at North County, Daly City

28. **Virtual Drop-In Hours**
    - 10:00 am – 12:00 pm
    - TW Friends of Hope 11:00 am
    - TW True Hope 11:30 am
    - TW True Hope 11:30 am
    - In-Person at North County, Daly City

29. **NO ACTIVITIES**
    - Heart & Soul Closed for Professional Development

30. **NO ACTIVITIES**
    - Heart & Soul Closed for Professional Development

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**Please Join Heart & Soul at San Mateo County’s 11th Annual Pride Celebration**

Saturday, June 10th 11:00 am – 5:00 pm
San Mateo Central Park
Come celebrate our community's effort to build a connected, supportive, and well San Mateo County for all!
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

<table>
<thead>
<tr>
<th>DAY</th>
<th>WEEKLY Activity</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td><strong>Movie Matinee</strong></td>
<td>12:00 pm - 3:00 pm</td>
<td>In-Person at Burlingame</td>
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<tr>
<td></td>
<td><strong>Virtual Drop-In Hours</strong></td>
<td>4:00 - 6:00 pm</td>
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<td><a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSudENkJPN2FycExwZr09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSudENkJPN2FycExwZr09</a></td>
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<tr>
<td>TUESDAY</td>
<td><strong>Art for Wellness Zentangles</strong></td>
<td>1:00 pm</td>
<td>In-Person at Burlingame</td>
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<tr>
<td></td>
<td><strong>NEW TIME Art for Wellness Zentangles</strong></td>
<td>11:00 am</td>
<td>In-Person at Burlingame</td>
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<td></td>
<td><strong>Photography for Wellness</strong></td>
<td>2:00 pm</td>
<td>In-Person at Burlingame</td>
<td>Last class in June. Weekly Classes will resume in July.</td>
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<td></td>
<td><strong>WRAP Support Group</strong></td>
<td>3:30 - 5:00 pm</td>
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<td></td>
<td><strong>Virtual Drop-In Hours</strong></td>
<td>4:00 - 6:00 pm</td>
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<td><a href="https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBieG9OME1GVmN6bnErdz09">https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBieG9OME1GVmN6bnErdz09</a></td>
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<tr>
<td>WEDNESDAY</td>
<td><strong>Total Wellness Friends of Hope</strong></td>
<td>11:00 am - 2:00 pm</td>
<td>In-Person at Central County, San Mateo</td>
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<td></td>
<td><strong>Central County Clinic</strong></td>
<td>1950 Alameda de las Pulgas, San Mateo, CA 94403</td>
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<td></td>
<td><strong>Total Wellness True Hope</strong></td>
<td>11:30 am - 2:00 pm</td>
<td>In-Person at North County, Daly City</td>
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<td></td>
<td><strong>North County Clinic</strong></td>
<td>375 89th Avenue. Daly City, CA 94015</td>
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<tr>
<td></td>
<td><strong>MONTHLY OPEN HOUSE</strong></td>
<td>June 21st</td>
<td>3:00 PM - 6:00 PM In-Person at Burlingame</td>
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<tr>
<td>THURSDAY</td>
<td><strong>Total Wellness Online</strong></td>
<td>11:00</td>
<td></td>
<td><a href="https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09">https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09</a></td>
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<td></td>
<td><strong>BINGO</strong></td>
<td>1:00 pm</td>
<td>In-Person at Burlingame</td>
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<td></td>
<td><strong>Mindful Movement</strong></td>
<td>2:00 pm</td>
<td>In-Person at Burlingame</td>
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<td></td>
<td><strong>Alternatives to Suicide</strong></td>
<td>3:30 - 5:00 pm</td>
<td>Virtual Group on June 1st:</td>
<td><a href="https://us06web.zoom.us/j/8236351925?pwd=dEV1NGR1cVpGMkc2bXdsSMW5VK1laQT09">https://us06web.zoom.us/j/8236351925?pwd=dEV1NGR1cVpGMkc2bXdsSMW5VK1laQT09</a></td>
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<td><strong>Hearing Voices Support Group</strong></td>
<td>3:30 - 5:00 pm</td>
<td>Virtual Group on June 8th:</td>
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<tr>
<td>FRI DAY</td>
<td><strong>Total Wellness Friends of Hope</strong></td>
<td>11:00 am</td>
<td>In-Person at Central County, San Mateo</td>
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<td></td>
<td><strong>Central County Clinic</strong></td>
<td>1950 Alameda de las Pulgas, San Mateo, CA 94403</td>
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<td></td>
<td><strong>True Hope Movie Night</strong></td>
<td>3:00 pm</td>
<td>In-Person at North County, Daly City</td>
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<td></td>
<td><strong>North County Clinic</strong></td>
<td>375 89th Avenue. Daly City, CA 94015</td>
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<td></td>
<td><strong>Virtual Open House</strong></td>
<td>7:00 pm</td>
<td>Virtual Group on June 16th:</td>
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<tr>
<td>SATURDAY</td>
<td><strong>Movie &amp; Pizza</strong></td>
<td>12:00 pm</td>
<td>In-Person at Burlingame</td>
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<td></td>
<td><strong>Men's Group</strong></td>
<td>4:00 pm</td>
<td>Virtual Group on June 10th:</td>
<td><a href="https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09">https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09</a></td>
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**SAVE THE DATE!**
- June PRIDE CELEBRATION - Saturday, June 10th - 11 am to 5 pm - San Mateo Central Park
- July 15 RECOVERY DRAMA “No! Not My Son” • ANNUAL PICNIC - Sunday, August 20 - 11:00 am to 3:00 pm