

This Week at Heart & Soul

**MONDAY
4/29**

NO ACTIVITIES
*Heart & Soul Closed for
Professional Development*

**TUESDAY
4/30**

NO ACTIVITIES
*Heart & Soul Closed for
Professional Development*

**WEDNESDAY
5/1**

Virtual Drop-In Hours 10:00 am - 11:00 am JOIN ZOOM MEETING:
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>

In-Person Group at Friends of Hope 11:00 am – 1:30 pm
Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403

In-Person Group at True Hope 11:30 am – 1:30 pm
North County Clinic, 375 89th Avenue. Daly City, CA 94015

**THURSDAY
5/2**

Total Wellness Club Online 11:00 am -12:00 pm JOIN ZOOM MEETING:
<https://zoom.us/j/97767941774?pwd=SjBuSUxNSGlicVIU2K1pCMUVZbGI1Zz09>
Meeting ID: 977 6794 1774 Passcode: 123456

Bingo 1:00 pm
Burlingame Community Drop-In Center

Mindful Movement 2:00 pm *In Person at Burlingame Community Drop-In Center*
OR VIRTUAL OPTION JOIN ZOOM MEETING:
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>

Alternatives to Suicide Support Group 3:30 – 5:00 pm JOIN ZOOM MEETING:
<https://us06web.zoom.us/j/82363351925> Meeting ID: 823 6335 1925 Passcode not required

**FRIDAY
5/3**

In-Person Group at Friends of Hope 11:00 am – 2:00 pm
Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403

True Hope Friday Movie Night 3:00 pm – 7:00 pm
North County Clinic, 375 89th Avenue. Daly City, CA 94015