

# Youth & Young Adult AHSu Support Group

HEART AND SOUL IS DEDICATED TO PROVIDING A  
NON CLINICAL SPACE FOR YOUTH AND YOUNG  
ADULTS TO EXPRESS AND SPEAK FREELY WITHOUT  
JUDGEMENT



EVERY 3RD SATURDAY: 9-10:30 AM NO REGISTRATION REQUIRED,  
FOR ALL INQUIRIES EMAIL [Ineedsupport@heartandsoulinc.org](mailto:Ineedsupport@heartandsoulinc.org).  
IF YOU ARE IN CRISIS AND NEED IMMEDIATE ASSISTANCE, PLEASE  
DIAL 988 OR GO TO YOUR LOCAL EMERGENCY ROOM

Join Meeting via Zoom:

<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>

Meeting ID: 827 2064 7565 Passcode: 344705



*Mental Health Peer Support for San Mateo County*  
**Community Drop-In Center:**  
1633 Old Bayshore Hwy, Suite 160  
Burlingame, CA 94010  
[www.heartandsoulinc.org](http://www.heartandsoulinc.org)