

*Celebrate the Joy of the Season with us!*

# Heart & Soul Holiday OPEN HOUSE

**Wednesday, December 18, 2024**

**3:00 – 6:00 pm**

Heart & Soul Community Drop-In Center

1633 Old Bayshore Hwy, Suite 160 • Burlingame, CA 94010

- Join us for Community Festivities and Merriment
- Meet our Peer Support Team and Community Partners
- Fabulous Holiday Fashion Contest ... Strut Your Style!
- Special Award for Ugly Christmas Sweater
- Vision Boards Mini-Workshop
- Wellness Tools & Resources for a Stress-Free Holiday Season



In-Person Holiday Wellness Project:

## 2025 Vision Boards

How will you nurture your wellness in 2025? Vision Boards are creative tools to help you focus your awareness and intentions for the New Year. Materials will be provided to create an 11 x 14 inch Vision Board. An image bank of clippings, pictures, and quotations will be available for your collage.

If you have meaningful quotes or favorite images you would like to include, please bring them with you!

**MAKE IT & TAKE IT!**



*Mental Health Peer Support for San Mateo County*

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[www.heartandsoulinc.org](http://www.heartandsoulinc.org)

Need support? Send us an email at [INeedSupport@heartandsoulinc.org](mailto:INeedSupport@heartandsoulinc.org)