



Mental Health Peer Support for San Mateo County

Heart & Soul Offers Virtual Peer Support Groups Online

You are invited to join us virtually
for activities, connection, and support,
wherever you are located. Welcome!

MONDAY

- **WEEKLY WRAP Support Group 4:00 – 5:30 pm**
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>

TUESDAY

- **MONTHLY 1ST Tuesday of the Month Family Support Circle 12:30 – 2:00 pm**
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>

WEDNESDAY

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

THURSDAY

- **WEEKLY Total Wellness Online 11:00 am - 12:00 pm**
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>
- **WEEKLY Mindful Movement 2:00 pm – 3:00**
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>
- **MONTHLY 1ST Thursday of the Month Alternatives to Suicide 3:30 – 5:00 pm**
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>
- **MONTHLY 2ND Thursday of the Month Hearing Voices Support Group 3:30 – 5:00 pm**
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>

SATURDAY

- **MONTHLY 3RD Saturday of the Month Alternatives to Suicide for Youth & Young Adults 9:00 am – 10:30 am**
<https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09>

Heart and Soul, Inc.

Community Drop-In Center: 1633 Old Bayshore Hwy, Suite 160 | Burlingame, CA 94010
650-232-7426 (Main Office) | Fax: 650-226-5940 (Fax)
Visit our website: www.heartandsoulinc.org

