




TOTAL WELLNESS CLUB ACTIVITIES



October 2024



October is International Peer Support Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Open House Halloween Party Wednesday, October 16th 3:00-6:00 pm In Person at Heart & Soul's Community Drop-In Center</p>		<p>1</p> <p>Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p> <p>Family Member Support Circle 12:30 – 2:00 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p>	<p>2</p> <p>Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p>	<p>3</p> <p>Total Wellness Online 11:00 https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>Alternatives to Suicide Adults 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p>	<p>4</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>	<p>5</p> <p>Movie Matinee 12:00 pm In-Person at Burlingame</p>
	<p>6</p>	<p>7</p> <p>Photography for Wellness 11:00 am – 12:00 pm In-Person at Burlingame</p> <p>WRAP Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p>	<p>8</p> <p>Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p>	<p>9</p> <p>Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p>	<p>10</p> <p>Total Wellness Online 11:00 https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>Hearing Voices Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p>	<p>11</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>
<p>13</p>	<p>14 NO ACTIVITIES</p> <p>INDIGENOUS PEOPLES' DAY</p> 	<p>15</p> <p>Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p>	<p>16</p> <p>Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p> <p>Open House HALLOWEEN PARTY 3:00-6:00 pm In-Person at Burlingame</p>	<p>17</p> <p>Total Wellness Online 11:00 https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>Alternatives to Suicide Adults 3:30 pm In-Person at Burlingame</p>	<p>18</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>	<p>19 International Peer Support Day</p> <p>Youth/Young Adult Alternatives to Suicide 9:00 – 10:30 am Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p>
<p>20</p>	<p>21</p> <p>Photography for Wellness 11:00 am – 12:00 pm In-Person at Burlingame</p> <p>WRAP Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p>	<p>22</p> <p>Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame</p>	<p>23</p> <p>Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>TW True Hope 11:30 am In-Person at North County, Daly City</p>	<p>24</p> <p>Total Wellness Online 11:00 https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p> <p>BINGO 1:00 pm In-Person at Burlingame</p> <p>Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p>	<p>25</p> <p>TW Friends of Hope 11:00 am In-Person at Central County, San Mateo</p> <p>True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City</p>	<p>26</p> <p>Movie Matinee 12:00 pm In-Person at Burlingame</p>
<p>27</p>	<p>28</p> <p>Photography for Wellness 11:00 am – 12:00 pm In-Person at Burlingame</p> <p>WRAP Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=OUJNNRQpMTFhNSUldEhBNzZlYkVlZG99</p>	<p>29</p> <p>NO ACTIVITIES Heart & Soul Closed for Professional Development</p>	<p>30</p> <p>NO ACTIVITIES Heart & Soul Closed for Professional Development</p>	<p>31 HALLOWEEN</p> <p>NO ACTIVITIES Heart & Soul Closed for Professional Development</p>		

Please note: Though unlikely, times are subject to change without prior notice



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
Community Drop-In Center: 1633 Old Bayshore Hwy, Suite 160 • Burlingame, CA 94010

MONDAY	WEEKLY Photography for Wellness 11:00 am - 12:00 pm In-Person at Burlingame Community Drop-In Center WEEKLY WRAP Support Group 4:00 – 5:30 pm Virtual Group via Zoom https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565
TUESDAY	WEEKLY Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame Community Drop-In Center 1st Tuesday Family Member Support Circle 12:30 – 2:00 pm Virtual Group https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565
WEDNESDAY	WEEKLY Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 WEEKLY Total Wellness Friends of Hope 11:00 am – 2:00 pm In-Person at Central County, San Mateo <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i> WEEKLY Total Wellness True Hope 11:30 am - 2:00 pm In-Person at North County, Daly City <i>North County Clinic, 375 89th Avenue. Daly City, 94015</i> Wednesday, October 18 3:00 – 6:00 pm OPEN HOUSE HALLOWEEN PARTY In-Person at Burlingame Community Drop-In Center HALLOWEEN THEME • <i>Come in Costume...If you dare!</i>
THURSDAY	WEEKLY Total Wellness Online 11:00 https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 WEEKLY BINGO 1:00 pm In-Person at Burlingame Community Drop-In Center WEEKLY Mindful Movement 2:00 pm In-Person at Burlingame OR Virtual Group via Zoom: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 1st Thursdays Alternatives to Suicide 3:30 – 5:00 pm Virtual Group & 3rd Thursdays In-Person at Burlingame Community Drop-In Center https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 2nd Thursdays Hearing Voices Support Group 3:30 – 5:00 pm Virtual Group https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565
FRIDAY	WEEKLY Total Wellness Friends of Hope 11:00 am In-Person at Central County, San Mateo <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i> WEEKLY True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City <i>North County Clinic, 375 89th Avenue. Daly City, 94015</i>
SATURDAY	3RD Saturday Alternatives to Suicide for Youth & Young Adults 9:00 – 10:30 am Virtual Group https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 1st, 2nd and 4th Saturday Matinee Movie 12:00 – 3:00 pm In-Person at Burlingame Community Drop-In Center