

This Week at Heart & Soul

MONDAY 12/2	<p>Photography for Wellness 11:00 am – 12:00 pm <i>In-Person at Burlingame Community Drop-In Center</i></p> <p>WRAP Support Group 4:00 – 5:30 pm JOIN ZOOM MEETING: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</p>
TUESDAY 12/3	<p>Zentangles 11:00 am – 12:30 pm <i>In-Person at Burlingame Community Drop-In Center</i></p> <p>Family Support Circle 12:30 – 2:00 pm JOIN ZOOM MEETING: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</p>
WEDNESDAY 12/4	<p>Virtual Drop-In Hours 10:00 am - 11:00 am JOIN ZOOM MEETING: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</p> <p>In-Person Group at Friends of Hope 11:00 am – 1:30 pm <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i></p> <p>In-Person Group at True Hope 11:30 am – 1:30 pm <i>North County Clinic, 375 89th Avenue. Daly City, CA 94015</i></p>
THURSDAY 12/5	<p>Total Wellness Club Online 11:00 am -12:00 pm JOIN ZOOM MEETING: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</p> <p>Bingo 1:00 - 2:00 pm <i>In-Person at Burlingame Community Drop-In Center</i></p> <p>Mindful Movement 2:00 - 3:00 pm <i>In Person at Burlingame Community Drop-In Center</i> <i>OR on ZOOM:</i> https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</p> <p>Alternatives to Suicide Adults 3:30 - 5:00 pm JOIN ZOOM MEETING: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</p>
FRIDAY 12/6	<p>In-Person Group at Friends of Hope 11:00 am – 2:00 pm <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i></p> <p>True Hope Friday Movie Night 3:00 pm – 7:00 pm <i>North County Clinic, 375 89th Avenue. Daly City, CA 94015</i></p>
SATURDAY 12/7	<p>Movie Matinee 12:00 pm - 3:00 pm <i>In-Person at Burlingame Community Drop-In Center</i></p>