

Heart and Soul's Peer Support Drop-In Center

The Source

*Need a place to work on your mental wellness? Looking for one-on-one emotional support?
Free classes and activities at The Source...please join us*

MONDAY: Movies AND Pizza • 11 am - 2 pm

TUESDAY: RESPITE Chill Zone • 11 am - 3 pm

+ Hearing Voices Support Group • 11 am - 12 pm

WEDNESDAY: ART for WELLNESS • 11 am - 12 pm

+ WEEKLY W.R.A.P. GROUP • 12 - 1 pm

THURSDAY: FUN with BINGO • 2 - 2:30 pm

+ Yoga & Meditation for Mindfulness • 2:30 - 3:30 pm

SATURDAY: Social Group • 12 - 3 pm



210 Industrial Road, Suite 205 • San Carlos, CA 94070

For details about our classes, call us: 650-232-7426

To see our complete calendar of events at The Source, go to the HEART & SOUL WEBSITE:

www.heartandsoulinc.org

NEED A RIDE? Our Shuttle Van picks up at several locations between San Mateo & Redwood City.

CALL For Information: 844-341-SOUL (7685)