



MHA Friendship Center November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Bur	Annual MHA H Friday, Dec		29			1
2	3	Daly City Movie & Popcorn Ilam - 2pm	5	Redwood City True or False Trivia Trivia Trivia Trivia Trivia	CLOSED	8
9	10	CLOSED Veteran's Day	Lunch & Wellness (Residents Only) Cedar Apts llam	Redwood City Bingo & Prizes llam - 2pm	Belmont SÖLMATEO Saning Light on Mental Health Luncheon 11am - 2pm	15
16	17	Daly City Guided Breathwork 11am - 2pm	Lunch & Wellness (Residents Only) Belmont Apts 11am	Redwood City Friendsgiving Lunch Ilam - 2pm RSVP	Belmont Coloring Contest 11am - 2pm	22
30	24	Daly City UNO 15 11am - 2pm	Lunch & Wellness (Residents Only) Waverly Apts 11am	CLOSED Thanksgiving Day	CLOSED Native American Heritage Day	29















MHA Friendship Center November 2025

We're having a special Friendsgiving Lunch on Thursday, November 20th at our Redwood City location. We will be serving pumpkin pie with whipped cream, and a delicious festive meal.

We hope you can join us!



RSVP for Upcoming Events

Friendsgiving Lunch @ Redwood City Thursday, November 20

MHA Holiday Party @ Burlingame Community Center Friday, December 12



Center Locations

DALY CITY
TUESDAYS

North County Mental Health

375 89th Street DALY CITY, CA

11am - 2pm

REDWOOD CITY
THURSDAYS

Fair Oaks Commons 2nd Floor

2821 El Camino Real REDWOOD CITY, CA

11am - 2pm

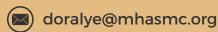
BELMONT FRIDAYS

Good Shepherd Hall

1300 5th Avenue BELMONT. CA

11am - 2pm





MENTAL HEALTH ASSOCIATION
OF SAN MATEO COUNTY



MHA FRIENDSHIP CENTER PRESENTS

Friendsgiving Lunch

REDWOOD CITY
THURSDAY, NOVEMBER 20





FAIR OAKS COMMONS 2821 EL CAMINO REAL REDWOOD CITY, CA 94061





RSVP REQUESTED 650.722.7385









MHA HOLIDAY

DECEMBER 12



11AM - 2PM

Burlingame Community Center (Sequoia Room) 850 Burlingame Ave. Burlingame, CA 94010

Event Schedule 11a m Doors Open

12:30pm Lunch

12pm Raffle w/ Prizes

1:30pm Gifts w/ Santa!

RSVP REQUESTED

650.722.7385 or doralye@mhasmc.org

