


















MHA Friendship Center

May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	8 MENTAL HEALTH AWARENESS MONTH 	29	30	1 Redwood City Dominoes  11am - 2pm	2 Belmont Coloring Contest  11am - 2pm	3 San Mateo Shred & E-Scrap Event 9am - 12pm Beresford Park
4 San Mateo's Plant Sale & Craft Fair 10am - 3pm San Mateo Garden Center	5 Cinco de Mayo 	6 Daly City Movie & Popcorn  11am - 2pm	7	8 Redwood City Art Activity  11am - 2pm	9 Belmont Meditation Activity  11am - 2pm	10
11 Mother's Day	12	13 Tax Day Daly City Trivia  11am - 2pm	14 Lunch & Wellness (Residents Only) Cedar Apts 11am	15 Redwood City Bingo & Prizes  11am - 2pm	16 Belmont Wellness Activity  11am - 2pm	17
18	19	20 Daly City Mindful Movement  11am - 2pm	21 Lunch & Wellness (Residents Only) Belmont Apts 11am	22 Redwood City Guided Breathwork  11am - 2pm	23 Belmont Luncheon  11am - 2pm	24
25	26 Memorial Day 	27 Daly City Kings in the Corner  11am - 2pm	28 Lunch & Wellness (Residents Only) Waverly Apts 11am	29 Redwood City Scattergories  11am - 2pm	30 Belmont Skip-Bo Cards  11am - 2pm	31



MHA

Mental Health Association
of San Mateo County

Empowering People to Create Their Best Life



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www.mhasmc.org



MHA Friendship Center

May is Mental Health Month and we invite you to join us at our centers! We will be hosting a variety of wellness activities and provide a safe space to share stories and support.

We also want to highlight other free public events happening in San Mateo County in honor of Mental Health Month 2025:

Tuesday 5/6

Self-Care Listens:
Healing through
Art & Music

Redwood City
Public Library

5:30pm - 7:30 pm

Thursday 5/8

Mental Health
Month Open Mic

Menlo Park
Library

6 - 7:30 pm

Tuesday 5/27

Alzheimer's
Building
Foundations for
Caregiving

Menlo Park
Library

6 - 7pm

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



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