

FRIENDSHIP CENTER

AUGUST 2024

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 Redwood City Fair Oaks Commons (2821 El Camino Real) 11am - 2pm	2 Special Event Belmont Center Grand Opening Celebration! Good Shepherd Hall (1300 Fifth Avenue) 11am - 2pm RSVP	3
Annual MHA BBQ this month! Thursday, August 29 11am - 2pm San Mateo Central Park Picnic Area #1 RSVP REQUESTED						
4	5	6 Daly City North County Mental Health (375 89th Street) 11am - 2pm	7	8 Closed MHA Employee Picnic	9 Belmont Good Shepherd Hall (1300 Fifth Avenue) 11am - 2pm	10
11	12	13 Daly City North County Mental Health (375 89th Street) 11am - 2pm	14 Lunch & Wellness Cedar Apts (Residents Only) 11:00 AM Lunch & Wellness Casa Esperanza (Residents Only) 1:00 PM	15 Redwood City Fair Oaks Commons (2821 El Camino Real) 11am - 2pm	16 Belmont Good Shepherd Hall (1300 Fifth Avenue) 11am - 2pm	17
18	19	20 Daly City North County Mental Health (375 89th Street) 11am - 2pm	21 Special Event SF Giants Game Redwood City Caltrain Station 10:30am RSVP Required Cost - \$5	22 Redwood City Fair Oaks Commons (2821 El Camino Real) 11am - 2pm	23 Belmont Good Shepherd Hall (1300 Fifth Avenue) 11am - 2pm	24
25	26	27	28	29 Special Event Annual MHA BBQ San Mateo Central Park Picnic Area #1 11am - 2pm RSVP	30	31

MHA FRIENDSHIP CENTERS

Our centers are a safe and inclusive space for adults 18+ living in San Mateo County. We provide socialization opportunities, educational activities, games, and prizes.

All centers include coffee, snacks, and free lunch!

Tuesdays

North County Mental Health
375 89th Street
Daly City, CA 94015
11am – 2pm

Thursdays

Fair Oaks Commons
2821 El Camino Real
Redwood City, CA 94061
11am – 2pm

Fridays

Good Shepherd Church
1300 Fifth Avenue
Belmont, CA 94002
11am – 2pm

UPCOMING EVENTS – RSVP

Grand Opening Event @ Belmont – Friday, August 2

SF Giants Game Outing @ Redwood City Caltrain Station – Wednesday, August 21

Annual MHA BBQ @ San Mateo Central Park – Thursday, August 29

FRIENDLY CONVERSATIONS

Want to hear from one of our peer support counselors every week for a friendly conversation? Let us know and we will be happy to add you to the call list. We will then reach out every week to say hello. Simply opt in and let us know you want to join.

Contact Us

We'd love to hear from you!

Doraly Espinoza

Friendship Center Program Coordinator

Phone: (650) 722 – 7385

Email: doralye@mhasmc.org



MHA

Mental Health Association
of San Mateo County

Empowering People to Create Their Best Life



Join us!

THURSDAY, AUGUST 29

ANNUAL MHA BBQ

CENTRAL PARK

50 East 5th Avenue, San
Mateo, CA 94403

Thursday, August 29
11AM - 2PM

RSVP REQUESTED

Contact Doraly
650.722.7385 or
doralye@mhasmc.org

Invite your friends and
family!

We will have a raffle, balloon
toss, games, an art station,
and BBQ for lunch!



SCHEDULE

11AM	Welcome
12PM	Raffle
12:30PM	Lunch
1:30PM	Balloon Toss



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