

FRIENDSHIP CENTER

FEBRUARY 2024

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Friendship Center Events Free Community Events in SMC </div>			1	2	3 Drop-In Tech Help (Bring your device & get more familiar with technology!) Belmont Library 1-3pm
4	5 Tech Help Ayuda Técnica Bilingual Class North Fair Oaks Library 6 - 7pm	6 Basic Computer Skills Class North Fair Oaks Library 10 - 11am (Bring your device & tech questions!)	7 Tech Tutor Drop-In Half Moon Bay Library 6 - 7pm (Bring questions about your phone or computer)	8 <u>Friendship Center</u> Fair Oaks Commons Redwood City (2821 El Camino Real) 11am - 2pm	9 Tech Tutor Drop-In San Carlos Library 10 - 11am (Bring questions about your phone or computer)	10 Lunar New Year Lunar New Year Celebration Hillsdale Mall 12 - 3pm
11 Super Bowl Sunday	12 Tech Help Ayuda Técnica Bilingual Class North Fair Oaks Library 6 - 7pm	13 Basic Computer Skills Class North Fair Oaks Library 10 - 11am (Bring your device & tech questions!)	14 Valentine's Day Mindfulness Cedar Apts (Residents Only)	15 Drum for Health Interactive Drum Series 1 - 2pm San Carlos Adult Community Center (601 Chestnut St)	16 Tech Tutor Drop-In San Carlos Library 10 - 11am (Bring questions about your phone or computer)	17 Millbrae Lunar New Year Festival (300 Broadway) 10am - 7pm
18	19 **CLOSED** Presidents' Day	20 <u>Friendship Center</u> North County Mental Health Daly City (375 89th Street) 11am - 2pm	21 Mindfulness Belmont Apts (Residents Only) Lunch & Wellness Casa Esperanza (Residents Only)	22 Drum for Health Interactive Drum Series 1 - 2pm San Carlos Adult Community Center (601 Chestnut St)	23 Tech Tutor Drop-In San Carlos Library 10 - 11am (Bring questions about your phone or computer)	24 Drop-In Tech Help Belmont Library 1-3pm (Bring your device & get more familiar with technology!)
25	26 Tech Help Ayuda Técnica Bilingual Class North Fair Oaks Library 6 - 7pm	27 Basic Computer Skills Class North Fair Oaks Library 10 - 11am (Bring your device & tech questions!)	28 Mindfulness Waverly Apts (Residents Only) Tech Tutor Drop-In Half Moon Bay Library 6 - 7pm	29 <u>Friendship Center</u> Fair Oaks Commons Redwood City (2821 El Camino Real) 11am - 2pm		

MHA FRIENDSHIP CENTERS

Keep an eye out for upcoming calendars as we add more centers to our regular schedule. For the month of February, we will have Valentine's Day themed games and activities available at every center.

Redwood City – Feb 8th and 29th

Fair Oaks Commons
2821 El Camino Real
Redwood City, CA 94061

Daly City – Feb 20th

North County Mental Health
375 89th Street
Daly City, CA 94015

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

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MHA

Mental Health Association
of San Mateo County

Empowering People to Create Their Best Life