

FRIENDSHIP CENTER

JULY 2024

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1	2 Friendship Center NCMH in Daly City (375 89th Street) 11am - 2pm	3	4 CLOSED Independence Day 	5	6
7	8	9 Friendship Center North County Mental Health Daly City (375 89th Street) 11am - 2pm	10 Lunch & Wellness Cedar Apts (Residents Only) 11:00 AM Lunch & Wellness Casa Esperanza (Residents Only) 1:00 PM	11 Friendship Center Fair Oaks Commons Redwood City (2821 El Camino Real) 11am - 2pm	12	13
14	15	16 Friendship Center North County Mental Health Daly City (375 89th Street) 11am - 2pm	17 Lunch & Wellness Belmont Apts (Residents Only) 11:00 AM	18 Friendship Center Fair Oaks Commons Redwood City (2821 El Camino Real) 11am - 2pm	19	20
21	22	23 Friendship Center North County Mental Health Daly City (375 89th Street) 11am - 2pm	24 Lunch & Wellness Waverly Apts (Residents Only) 11:00 AM	25 Friendship Center Fair Oaks Commons Redwood City (2821 El Camino Real) 11am - 2pm	26	27
28	29	30 Friendship Center North County Mental Health Daly City (375 89th Street) 11am - 2pm	31	<p>Upcoming Events for August 2024 RSVP (see flyers for details)</p> <p>Aug. 2 MHA Friendship Center OPENS in Belmont Grand Re-Opening Celebration SolMateo Luncheon</p> <p>Aug. 21 SF Giants Game Outing</p> <p>Aug. 29 Annual MHA BBQ @ Central Park</p>		

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

Coming Soon...
August 2024
Good Shepherd Church
1300 Fifth Avenue
Belmont, CA 94002
11am – 2pm

UPCOMING EVENTS – RSVP

Grand Re-Opening Celebration @ 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



Mental Health Association
of San Mateo County

FRIENDSHIP CENTER

Grand Re-Opening

@ Belmont!

AUGUST 2, 2024

11AM - 2PM

Lunch - Activities - Prizes

Starting in August we will have centers

EVERY FRIDAY @ BELMONT

Good Shepherd Episcopal Church
1300 Fifth Avenue
Belmont, CA 94002

Contact Doraly to RSVP for this event:



650.722.7385



doralye@mhasmc.org





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BASEBALL GAME DAY



**VS.
WHITE SOX**

**WEDNESDAY, AUGUST 21
MEET @ REDWOOD CITY
CALTRAIN STATION
10:30 A.M.**

COST - \$5.00

Includes transportation, lunch, and
admission to the game!

We will be meeting at the ticket kiosk on the south bound side.

*Note: We do not have accessible tickets and bleacher steps
will be required to make it to our seats.*

No backpacks allowed. Please be on time.

RSVP REQUIRED

650.722.7385

Mental Health Association of San Mateo County
Friendship Center Presents



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!



MHA

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