

# MHA Friendship Center September 2025

SUNDAY

MONDAY





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31	1 Labor Day 	2 Daly City Guided Breathwork  11am - 2pm	3	4 Redwood City Dominoes  11am - 2pm	5 CLOSED NO CENTER	6
7	8	9 Daly City Movie & Popcorn  11am - 2pm	10 SF GIANTS GAME Redwood City Caltrain Station 10:30am RSVP REQUIRED	11 Redwood City Scattergories  11am - 2pm	12 Belmont Meditation Activity  11am - 2pm	13
14	15	16 Daly City Trivia  11am - 2pm	17	18 Redwood City Balloon Volleyball  11am - 2pm	19 Belmont Bingo & Prizes  11am - 2pm	20
21	22	23 Daly City Coloring Contest  11am - 2pm	24	25 CLOSED NO CENTER	26 Belmont SolMateo Luncheon  11am - 2pm	27
28	29	30 Daly City Kings in the Corner  11am - 2pm	<p><b>Upcoming Events</b></p> <p>SF Giants Game Fieldtrip - Sept 10</p> <p>Halloween Party - Oct 31</p>			



**MHA**

Mental Health Association  
of San Mateo County

Empowering People to Create Their Best Life



650.722.7385



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www.mhasmc.org

# MHA Friendship Center September 2025

Thank you everyone that was able to attend our Annual MHA Picnic last month! We had an amazing event with games and prizes, and each of you made it a very special day.

## RSVP for Upcoming Events

SF Giants Game Field Trip \$5 - Wednesday, Sept 10

Halloween Party - Friday, Oct 31



## 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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# **BASEBALL GAME**



**VS.  
DIAMONDBACKS  
WEDNESDAY, SEPT 10**

**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, we are not able to wait if you are late!*

**RSVP REQUIRED**

Contact Doraly 650.722.7385

Presented by MHA Friendship Center