

JANUARY 2023

Hedco Wellness Housing Resource



Address:
590 B St
Hayward, CA

Phone: 510-247-8235

Website:
www.bayareacs.org

Care Coordinators
Karla Venegas
Kim Blake
Cynthia Rivera
Ivan Navarro

Program Manager
Manuel Tlacoxolal

Director
Jimisha Baker

Hours:
Monday—Friday
8:30am—5pm

Breakfast 9-9:30
Lunch 12

See reverse side for
Group Descriptions

Mon	Tue	Wed	Thu	Fri
2	3 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Lunch 11:30-12 HRC Drop-in 12:30-3:30	4 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Express Yourself 10:30-11:30 Lunch 11:30-12 HRC Drop-in 12:30-3:30	5 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Bingo 10:30-11:30 Lunch 11:30-12	6 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Lunch 11:30-12 Movie Time! 1-3:30
9 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Hedco Closet 10:30-11:30 Lunch 11:30-12 HRC Drop in 12:30-3:30	10 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Lunch 11:30-12 HRC Drop-in 12:30-3:30	11 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Express Yourself 10:30-11:30 Lunch 11:30-12 HRC Drop-in 12:30-3:30	12 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Bingo 10:30-11:30 Lunch 11:30-12	13 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Lunch 11:30-12 Movie Time! 1-3:30
16 Closed In Observance of Martin Luther King Jr. Day	17 Morning news & breakfast 9-10 Housing Resources 10-11 Barbecue:11:30-1 HRC Drop in 12:30-3:30	18 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Express Yourself 10:30-11:30 Lunch 11:30-12 HRC Drop-in 12:30-3:30	19 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Bingo 10:30-11:30 Lunch 11:30-12	20 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Lunch 11:30-12 Movie Time! 1-3:30
23 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Hedco Closet 10:30-11:30 Lunch 11:30-12 HRC Drop in 12:30-3:30	24 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Lunch 11:30-12 HRC Drop-in 12:30-3:30	25 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Express Yourself 10:30-11:30 Lunch 11:30-12 HRC Drop-in 12:30-3:30	26 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Bingo 10:30-11:30 Lunch 11:30-12	27 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Color of Life 10:30-11:30 Lunch 11:30-12 Movie Time! 1-3:30
30 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Hedco Closet 10:30-11:30 Lunch 11:30-12 HRC Drop in 12:30-3:30	31 Morning news & breakfast 9-10 Project Beautiful 10-10:30 Lunch 11:30-12 HRC Drop-in 12:30-3:30			

HEDCO WELLNESS HOUSING RESOURCE CENTER

Group Descriptions

...supporting people, supporting community



Morning Check-In And Mindfulness Activity - Discuss current well-being, including successes & challenges, and utilize mindful meditation as a way of reducing mental health related symptoms and experiences.

Know Your Resources - Rotating resource group—Employment Options, Benefits Assistance, Food & Shelter Availability, Budgeting, and more.

Being Mindful- Learning to live healthy and thrive in today's ever-changing world. Discussions on eating healthy, mindfulness activities, hygiene and more.

Express Yourself- Meaningful activities like art and expression

Meaningful Daily Activity-

Color of Life-creative activities to help cope with anxiety and stress

If there is a missing group that you would like to see started, please share your thoughts with us !