

Monday	Tuesday	Wednesday	Thursday	Friday
2 OFFICE CLOSED – New Year’s Day	3 8:30-10:00 Breakfast 10:00-12:00 Meditation/Aromatherapy 12:00-1:30 Lunch 1:30-3:30 Resume Workshop	4 8:30-10:00 Breakfast 10:00-12:00 1:1 Peer Support 12:00-1:30 Lunch 1:30-3:30 Tzu Chi 1:1	5 8:30-10:00 Breakfast 10:00-12:00 Shelter Health 12:00-1:30 Lunch 1:30-3:30 Outdoor Games	6 8:30-10:00 Breakfast 10:00-12:00 Board/Card Games 12:00-1:30 Lunch 1:30-3:30 Movie
9 8:30-10:00 Breakfast 10:00-12:00 Art Therapy 12:00-1:30 Lunch 1:30-3:30 Housing Workshop	10 8:30-10:00 Breakfast 10:00-12:00 Meditation/Aromatherapy 12:00-1:30 Lunch 1:30-3:30 Resume Workshop	11 8:30-10:00 Breakfast 10:00-12:00 BACH Benefits Enrollment 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	12 8:30-10:00 Breakfast 10:00-12:00 1:1 Peer Support 12:00-1:30 Lunch 1:30-3:30 Outdoor Games	13 8:30-10:00 Breakfast 10:00-12:00 Board/Card Games 12:00-1:30 Lunch 1:30-3:30 Movie
16 OFFICE CLOSED – MLK Jr. Day	17 8:30-10:00 Breakfast 10:00-12:00 Meditation/Aromatherapy 12:00-1:30 Lunch 1:30-3:30 Resume Workshop	18 8:30-10:00 Breakfast 10:00-12:00 1:1 Peer Support 12:00-1:30 Lunch 1:30-3:30 Tzu Chi 1:1	19 8:30-10:00 Breakfast 10:00-12:00 Shelter Health 12:00-1:30 Lunch 1:30-3:30 Outdoor Games	20 8:30-10:00 Breakfast 10:00-12:00 Board/Card Games 12:00-1:30 Lunch 1:30-3:30 Movie
23 8:30-10:00 Breakfast 10:00-12:00 Art Therapy 12:00-1:30 Lunch 1:30-3:30 Housing Workshop	24 8:30-10:00 Breakfast 10:00-12:00 Meditation/Aromatherapy 12:00-1:30 Lunch 1:30-3:30 Resume Workshop	25 8:30-10:00 Breakfast 10:00-12:00 BACH Benefits Enrollment 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	26 8:30-10:00 Breakfast 10:00-12:00 1:1 Peer Support 12:00-1:30 Lunch 1:30-3:30 Outdoor Games	27 8:30-10:00 Breakfast 10:00-12:00 Board/Card Games 12:00-1:30 Lunch 1:30-3:30 Movie
30 8:30-10:00 Breakfast 10:00-12:00 Art Therapy 12:00-1:30 Lunch 1:30-3:30 Housing Workshop	31 8:30-10:00 Breakfast 10:00-12:00 Meditation/Aromatherapy 12:00-1:30 Lunch 1:30-3:30 Resume Workshop			

Supporting
People,
Supporting
Community ♡

Address: 40963 Grimmer Blvd
Fremont, CA 94538
Hours: Monday – Friday 8:30am-5pm
Phone: (510) 657-7425

Care Coordinators:
Archie Ricks
Blessing Brown
Latisha Santos

Program Manager: Valerie Cepeda
Program Associate Director:
Program Director: Jimisha Baker

Whatever It
Takes ♡

Group Descriptions

Breakfast – Daily breakfast, including freshly brewed coffee, and hot meals or snacks to-go.

Lunch – Meals are provided daily by our partnership with Daily Bowl, Strizzi's, Biryani Bowl, Lucky, and Safeway.

Art Therapy – Explore creative and self-expression through artwork to foster healing and mental well-being.

Housing Workshop – Meet with one of our Care Coordinators to assist with housing applications, apartment hunting, and to budget expenses to ensure housing.

Meditation/Aromatherapy – Clear your mind with a meditation/aromatherapy session which can also help lead to more restful sleep, improved memory, more creativity, less anxiety, deeper compassion, clear thinking, and greater happiness.

Resume Workshop – Create an effective resume or improve the one you already have with one of our Care Coordinators.

BACH Benefits Enrollment – Bay Area Community Health will provide enrollment assistance for Medi-Cal, Covered California, Cal-Fresh, and HealthPAC.

Tzu Chi 1:1 – Meet with a volunteer from the international humanitarian organization, Tzu Chi, for spiritual care and support. They will provide visitation, companionship, and presence based on the practices of gratitude, respect, love and mindfulness.

1:1 Peer Support – Meet with one of our Care Coordinators for problem-solving and conflict-resolution to help identify and reach personal goals.

Shelter Health – Alameda County Health Care for the Homeless will have a nurse to help get checked for HIV, Hepatitis C, high or low blood sugar, need for vaccines, and high blood pressure. A social worker will be available as well to help with medications, doctors or dentist appointments, lost or stolen ID, alcohol/drug counseling referral, mental health referral, food assistance/nutrition education, and optometry referral.

Outdoor Games – Fun outdoor games like football, cornhole, and basketball to get some fresh air and Vitamin D, as well as help develop social skills and improve physical health.

Board/Card Games – Relax and enjoy fun board and card games to help increase your critical thinking and concentration levels as well as build and strengthen relationships. It is stress reducing, and laughter is a bonus.

Movies – A themed movie day with popcorn, snacks, and drinks.