

FEBRUARY 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 Tlaxoxolal

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
		1 Morning news & breakfast 9-10 Express Yourself 10:30-11:30 Lunch 11:30-12 HRC Drop in 12:30-3:30	2 Morning news & breakfast 9-10 Bingo: 10:30AM-11:30AM Lunch 11:30-12	3 Morning news & breakfast 9-10 Lunch 11:30-12 Movie Time! 1-3:30
6 Morning news & breakfast 9-10 Hedco Closet:10:30-11:30 Lunch 11:30-12 HRC Drop in 12:30-3:30	7 Morning news & breakfast 9-10 Lunch 11:30-12 HRC Drop in 12:30-3:30	8 Morning news & breakfast 9-10 Express Yourself 10:30-11:30 Lunch 11:30-12 HRC Drop in 12:30-3:30	9 Morning news & breakfast 9-10 Bingo: 10:30AM-11:30AM Lunch 11:30-12	10 Morning news & breakfast 9-10 Lunch 11:30-12 Movie Time! 1-3:30
13 Morning news & breakfast 9-10 Hedco Closet:10:30-11:30 Lunch 11:30-12 HRC Drop in 12:30-3:30	14 Morning news & breakfast 9-10 VALENTINE'S DAY & BLACK HISTORY MONTH COOK OUT 11-2	15 Morning news & breakfast 9-10 Express Yourself 10:30-11:30 Lunch 11:30-12 HRC Drop in 12:30-3:30	16 Morning news & breakfast 9-10 Bingo: 10:30AM-11:30AM Lunch 11:30-12	17 Morning news & breakfast 9-10 Lunch 11:30-12 Movie Time! 1-3:30
20 Hedco is closed in observance of President's Day	21 Morning news & breakfast 9-10 Lunch 11:30-12 HRC Drop in 12:30-3:30	22 Morning news & breakfast 9-10 Express Yourself 10:30-11:30 Lunch 11:30-12 HRC Drop in 12:30-3:30	23 Morning news & breakfast 9-10 Bingo:10:30AM-11:30AM Lunch 11:30-12	24 Morning news & breakfast 9-10 Lunch 11:30-12 Movie Time! 1-3:30
27 Morning news & breakfast 9-10 Hedco Closet:10:30-11:30 Lunch 11:30-12 HRC Drop in 12:30-3:30	28 Morning news & breakfast 9-10 Lunch 11:30-12 HRC Drop in 12:30-3:30	29 Morning news & breakfast 9-10 Express Yourself 10:30-11:30 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.

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 !