

MARCH 2024

Hedco Wellness Housing Resource Center



Address:
590 B St
Hayward, CA

Phone: 510-247-8235

Website:
www.bayareacs.org

Care Coordinators
Karla Venegas
Alex Jaimez
Aurora Cardenas
Trang Nguyen
Katherine Melena
Omar Tokhey

Program Manager
Manuel Tlacoxolal

Director
Clarise Burton

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 Fresh Friday's: 9:30 Hedco Garden 10-11 Lunch 12:00-12:30 Movie Time! 1-3:30
4 Morning news & breakfast 9-10 Beautification: 10-10:30 Hedco Closet 10:30-11:30 Lunch 12:00-12:30	5 Morning news & breakfast 9-10 Hedco games: 10:30-11:30 Haircuts 11-2 Lunch 12:00-12:30 Art Therapy 12:30-2 Tune Tuesdays 2-3	6 Morning news & breakfast 9-10 Beautification: 10-10:30 Mindful group 10:30 Lunch 12:00-12:30 Cooking With Love 1-2	7 Morning news & breakfast 9-10 Express Yourself 10:30-11:30 Lunch 11:30-12	8 Morning news & breakfast 9-10 Fresh Friday's: 9:30 Hedco Garden: 10-11 Harm Reduc. Van 10-1 Movie Time! 1-3:30
11 Morning news & breakfast 9-10 Beautification: 10-10:30 Hedco Closet 10:30-11:30 Lunch 12:00-12:30	12 Morning news & breakfast 9-10 Hedco games: 10:30-11:30 Lunch 12:00-12:30 Art Therapy 12:30-2 Tune Tuesdays 2-3	13 Morning news & breakfast 9-10 Beautification: 10-10:30 Mindful group 10:30 Lunch 12:00-12:30 Cooking With Love 1-2	14 Morning news & breakfast 9-10 Express Yourself 10:30-11:30 Lunch 12:00-12:30	15 Morning news & breakfast 9-10 Fresh Friday's: 9:30 Hedco Garden 10-11 Lunch 12:00-12:30 Movie Time! 1-3:30 TRIP TO THE THEATER
18 Morning news & breakfast 9-10 Beautification: 10-10:30 Hedco Closet 10:30-11:30 Lunch 12:00-12:30	19 Morning news & breakfast 9-10 Hedco games: 10:30-11:30 Lunch 12:00-12:30 Art Therapy 12:30-2 Tune Tuesdays 2-3	20 Morning news & breakfast 9-10 Beautification: 10-10:30 Mindful group 10:30 Lunch 12:00-12:30 Cooking With Love 1-2	21 Morning news & breakfast 9-10 Express Yourself 10:30-11:30 Lunch 12:00-12:30	22 Morning news & breakfast 9-10 Fresh Friday's: 9:30 Hedco Garden 10-11 Lunch 12-12:30 Movie Time! 1:30-3:30
25 Morning news & breakfast 9-10 Beautification: 10-10:30 Hedco Closet 10:30-11:30 Lunch 12:00-12:30	26 Morning news & breakfast 9-10 Hedco games: 10:30-11:30 Lunch 12:00-12:30 Art Therapy 12:30-2 Tune Tuesdays 2-3	27 Morning news & breakfast 9-10 Beautification: 10-10:30 Mindful group 10:30 Lunch 12:00-12:30 Cooking With Love 1-2	28 Morning news & breakfast 9-10 Express Yourself 10:30-11:30 Lunch 12:00-12:30	29 Morning news & breakfast 9-10 Fresh Friday's: 9:30 Hedco Garden 10-11 Harm Reduc. Van 10-1 Lunch 12-12:30 Movie Time! 1:30-3:30

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.

Hedco Closet- Come in and pick out an outfit!

Movie Group- Join Hedco and watch a fun movie with some tasty snacks!

Games group- Come make friends and play some games

Beautyfication- Wellness center clean up!

Hedco Garden- Join the community and grow some greens in our garden

Culinary Arts of Hedco- Join us to learn some cooking and baking skills!

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