

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Friday Fun Day 1</b> 8:30-10:00 Breakfast 10:00-12:00 Financial Literacy 12:00-1:30 Lunch 1:30-3:30 Movie/Games	2  Free Time
3  Free Time	<b>Mindfulness Monday 4</b> 8:30-10:00 Breakfast 10:00-12:00 Mindfulness Activity 12:00-1:30 Lunch 1:30-3:30 Drop-in services	<b>Art Therapy 5</b> 8:30-10:00 Breakfast 10:00-12:00 Art Activity 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	<b>Self-Care Day 6</b> 8:30-10 am Breakfast 10:am-12 pm – SC Activity 12pm-1:30 Lunch 1:30-3:30 Housing Wksp	<b>Community Resources 7</b> 8:30-10:00 Breakfast 10:00-12:00 Shelter Health 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	<b>Friday Fun Day 8</b> 8:30-10:00 Breakfast 10:00-12:00 Financial Literacy 12:00-1:30 Lunch 1:30-3:30 Movie/Games	9  Free Time
10  Free Time	<b>Mindfulness Monday 11</b> 8:30-10:00 Breakfast 10:00-12:00 Mindfulness Activity 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	<b>Art Therapy 12</b> 8:30-10:00 Breakfast 10:00-12:00 Art Activity 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	<b>Self-Care Day 13</b> 8:30-10am Breakfast 10:am-12pm – SC Activity 12pm-1:30 Lunch 1:30-3:30 Housing Wksp	<b>Community Resources 14</b> 8:30-10:00 Breakfast 10:00-12:00 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	<b>Friday Fun Day 15</b> 8:30-10:00 Breakfast 10:00-12:00 Financial Literacy 12:00-1:30 Lunch 1:30-3:30 Movie/Games	16  Free Time
17  Free Time	<b>Mindfulness Monday 18</b> 8:30-10:00 Breakfast 10:00-12:00 Mindfulness Activity 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	<b>Art Therapy 19</b> 8:30-10:00 Breakfast 10:00-12:00 Art Activity 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	<b>Self-Care Day 20</b> 8:30-10 am Breakfast 10:am-12 pm – SC Activity 12 pm-1:30 Lunch 1:30-3:30 Housing Wksp	<b>Community Resources 21</b> 8:30-10:00 Breakfast 10:00-12:00 Shelter Health 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	<b>Friday Fun Day 22</b> 8:30-10:00 Breakfast 10:00-12:00 Board/Card Games 12:00-1:30 Lunch 1:30-3:30 Movie	23  Free Time
24  Free Time	<b>Mindfulness Monday 25</b> 8:30-10:00 Breakfast 10:00-12:00 Mindfulness Activity 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	<b>Art Therapy 26</b> 8:30-10:00 Breakfast10:00-12:00 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	<b>Self-Care Day 27</b> 8:30-10 am Breakfast 10:am-12 pm – SC Activity 12 pm-1:30 Lunch 1:30-3:30 Housing Wksp	<b>Community Resources 14</b> 8:30-10:00 Breakfast 10:00-12:00 BACH 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	<b>Friday Fun Day 29</b> 8:30-10:00 Breakfast 10:00-12:00 Board/Card Games 12:00-1:30 Lunch 1:30-3:30 Movie	30  Free Time
31  Free Time						

Supporting People,  
Community  
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<b>Address:</b> 40963 Grimmer Blvd Fremont, CA 94538	<b>Care Coordinators:</b> Andre Wilkes      Filiberto Espinosa Jin oh Blessing Brown Latisha Santos	<b>Program Manager:</b> Keisha Miller <b>Program Associate Director:</b> Clarise Burton <b>Program Director:</b> Jimisha Baker
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## 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.

**Arts and Crafts** – 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. provide the most recent housing information and tips and tricks on how to get housed.

**Money Wellness** – Basic Financial literacy and Financial Wellness

**Employability** – Create an effective resume or improve the one you already have. Tips and tricks on becoming more employable.

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

**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.

**Gardening** – rebuilding and managing our garden to be a holistic oasis with Fresh Herbs, fruits, and Veggies and a Pet Shower

**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.