

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mindfulness Monday 1 8:30-10:00 Breakfast 10:00-12:00 Mindfulness Activity 12:00-1:30 Lunch 1:30-3:30 Drop-in services	Art Therapy 2 8:30-10:00 Breakfast 10:00-12:00 Art Activity 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	Self-Care Day 3 8:30-10 am Breakfast 10:am-12 pm – SC Activity 12pm-1:30 Lunch 1:30-3:30 Housing Wksp	Community Resources 4 8:30-10:00 Breakfast 10:00-12:00 Shelter Health 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	Friday Fun Day 5 8:30-10:00 Breakfast 10:00-12:00 Financial Literacy 12:00-1:30 Lunch 1:30-3:30 Movie/Games	Free Time
Free Time 7	Mindfulness Monday 8 8:30-10:00 Breakfast 10:00-12:00 Mindfulness Activity 12:00-1:30 Lunch 1:30-3:30 Drop-in services	Art Therapy 9 8:30-10:00 Breakfast 10:00-12:00 Art Activity 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	Self-Care Day 10 8:30-10 am Breakfast 10:am-12 pm – SC Activity 12pm-1:30 Lunch 1:30-3:30 Housing Wksp	Community Resources 11 8:30-10:00 Breakfast 10:00-12:00 Shelter Health 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	Friday Fun Day 12 8:30-10:00 Breakfast 10:00-12:00 Financial Literacy 12:00-1:30 Lunch 1:30-3:30 Movie/Games	Free Time 13
Free Time 14	Mindfulness Monday 15 8:30-10:00 Breakfast 10:00-12:00 Mindfulness Activity 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	Art Therapy 16 8:30-10:00 Breakfast 10:00-12:00 Art Activity 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	Self-Care Day 17 8:30-10am Breakfast 10:am-12pm – SC Activity 12pm-1:30 Lunch 1:30-3:30 Housing Wksp	Community Resources 18 8:30-10:00 Breakfast 10:00-12:00 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	Friday Fun Day 19 8:30-10:00 Breakfast 10:00-12:00 Financial Literacy 12:00-1:30 Lunch 1:30-3:30 Movie/Games	Free Time 20
Free Time 21	Mindfulness Monday 22 8:30-10:00 Breakfast 10:00-12:00 Mindfulness Activity 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	Art Therapy 23 8:30-10:00 Breakfast 10:00-12:00 Art Activity 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	Self-Care Day 24 8:30-10 am Breakfast 10:am-12 pm – SC Activity 12 pm-1:30 Lunch 1:30-3:30 Housing Wksp	Community Resources 25 8:30-10:00 Breakfast 10:00-12:00 Shelter Health 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	Friday Fun Day 26 8:30-10:00 Breakfast 10:00-12:00 Board/Card Games 12:00-1:30 Lunch 1:30-3:30 Movie	Free Time 27
Free Time 28	Mindfulness Monday 29 8:30-10:00 Breakfast 10:00-12:00 Mindfulness Activity 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	Art Therapy 30 8:30-10:00 Breakfast 10:00-12:00 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	Self-Care Day 27 8:30-10 am Breakfast 10:am-12 pm – SC Activity 12 pm-1:30 Lunch 1:30-3:30 Housing Wksp	Community Resources 14 8:30-10:00 Breakfast 10:00-12:00 BACH 12:00-1:30 Lunch 1:30-3:30 Drop-in Services	Friday Fun Day 29 8:30-10:00 Breakfast 10:00-12:00 Board/Card Games 12:00-1:30 Lunch 1:30-3:30 Movie	Free Time 30

Supporting People,

Community

Takes 

Address: 40963 Grimmer Blvd Fremont, CA 94538	Care Coordinators: Andre Wilkes Filiberto Espinosa Jin oh Blessing Brown Latisha Santos	Program Manager: Keisha Miller Program Associate Director: Clarise Burton Program Director: Jimisha Baker
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Supporting
 Whatever It

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.