

May 2024

Hedco Wellness Housing

Resource Center

590 B. St

Phone: 510-247-8235

www.bayareacs.org

Monday-Friday

8:30am-5pm

Breakfast 8:45-9:30

Lunch 12-12:30

Program Manager:

Manuel Tlacoxolal

Director:

Jimisha Baker

Care Coordinators:

Karla Venegas Trang Nguye

Alex Jaimez Katherine Melena

Aurora Cardenas Omar Tokhey

Jory Taft



Monday

Tuesday

Wednesday

Thursday

Friday

		1 Breakfast: 8:45-9:30 Beautification: 10-10:30 Wash Wednesday: 10 Lunch: 12-12:30 Cooking: 1-2 Job Club: 2-3	2 Breakfast: 8:45-9:30 Art: 10:30-11:30 Lunch: 12-12:30 Closet: 1-1:30	3 Breakfast: 8:45-9:30 Showers: 9:30 Gardening: 10-11 Lunch: 12-12:30 Movie: 1-3:30
6 Breakfast: 8:45-9:30 Beautification: 10-10:30 Closet: 10:30-11 Lunch: 12-12:30	7 Breakfast: 8:45-9:30 Games: 10:30-11:30 Haircuts: 11-2 Lunch: 12-12:30 Art: 1-2 Tune Tuesday: 2-3	8 Breakfast: 8:45-9:30 Beautification: 10-10:30 Wash Wednesday: 10 Lunch: 12-12:30 Cooking: 1-2 Job Club: 2-3	9 Breakfast: 8:45-9:30 Art: 10:30-11:30 Lunch: 12-12:30 Closet: 1-1:30 Close: 2:30	10 Breakfast: 8:45-9:30 Showers: 9:30 Gardening: 10-11 Lunch: 12-12:30 Movie: 1-3:30
13 Breakfast: 8:45-9:30 Beautification: 10-10:30 Closet: 10:30-11 Lunch: 12-12:30	14 Breakfast: 8:45-9:30 Games: 10:30-11:30 Lunch: 12-12:30 Art: 1-2 Tune Tuesday: 2-3	15 Breakfast: 8:45-9:30 Beautification: 10-10:30 Wash Wednesday: 10 Lunch: 12-12:30 Cooking: 1-2 Job Club: 2-3	16 Breakfast: 8:45-9:30 Art: 10:30-11:30 Lunch: 12-12:30 Closet: 1-1:30	17 Breakfast: 8:45-9:30 Showers: 9:30 Gardening: 10-11 Lunch: 12-12:30 Movie: 1-3:30
20 Breakfast: 8:45-9:30 Beutification: 10-10:30 Closet: 10:30-11 Lunch: 12-12:30	21 Breakfast: 8:45-9:30 Beautification: 10-10:30 Closet: 10:30-11 Lunch: 12-12:30 Art: 1-2 Tune Tuesday: 2-3	22 Breakfast: 8:45-9:30 Beautification: 10-10:30 Wash Wednesday: 10 Street Outreach: 10:45-11:45 Lunch: 12-12:30 Cooking: 1-2 Job Club: 2-3	23 Breakfast: 8:45-9:30 Art: 10:30-11:30 Lunch: 12-12:30 Closet: 1-1:30 Close: 2:30	24 Breakfast: 8:45-9:30 Showers: 9:30 Gardening: 10-11 Lunch: 12-12:30 Movie: 1-3:30
27 CLOSED Memorial Day	28 Breakfast: 8:45-9:30 Games: 10:30-11:30 Lunch: 12-12:30 Art: 1-2 Tune Tuesday: 2-3	29 Breakfast: 8:45-9:30 Beautification: 10-10:30 Wash Wednesday: 10 Lunch: 12-12:30 Cooking: 1-2 Job Club: 2-3	30 Breakfast: 8:45-9:30 Art: 10:30-11:30 Lunch: 12-12:30 Closet: 1-1:30	31 Breakfast: 8:45-9:30 Showers: 9:30 Gardening: 10-11 Lunch: 12-12:30 Movie: 1-3:30

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 !