

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	Healthy Tuesday 2 8:30-10:00 Breakfast 10:00-12:00 Zumba 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	4 	Friday Fun Day 5 8:30-10:00 Breakfast 10:00-12:00 Financial Literacy/ Trip to Movies 12:00-1:30 Lunch 1:30-3:30 Movie/Games	6
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	Healthy Tuesday 9 8:30-10:00 Breakfast 10:00-12:00 Zumba 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 12:00-1:30 Lunch 2:30 Closed for Staff Development	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	Healthy Tuesday 16 8:30-10:00 Breakfast 10:00-12:00 Zumba 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 2:30 Closed for Staff Development	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
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	Healthy Tuesday 23 8:30-10:00 Breakfast 10:00-12:00 Zumba 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 12:00-1:30 Lunch 2:30 Closed for Staff Development	Friday Fun Day 26 24 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	Healthy Tuesday 30 8:30-10:00 Breakfast 10:00-12:00 Zumba 12:00-1:30 Lunch 1:30-3:30 1:1 Peer Support	Self-Care Day 31 8:30-10 am Breakfast 10:am-12 pm – BACH 12 pm-1:30 Lunch 1:30-3:30 Housing Wksp	Community Resources 1 8:30-10:00 Breakfast 10:00-12:00 12:00-1:30 Lunch 2:30 Closed for Staff Development	Friday Fun Day 2 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

<p>Address: 40963 Grimmer Blvd Fremont, CA 94538</p> <p>Hours: Monday – Friday 8:30am-5pm</p> <p>Phone: (510) 657-7425</p>	<p>Care Coordinators: Andre Wilkes Filiberto Espinosa Jin oh Blessing Brown Lajuana Prince-Vaughn</p>	<p>Program Manager: Keisha Miller</p> <p>Associate Director: Clarise Burton</p> <p>Director: Jimisha Baker</p>
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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.