
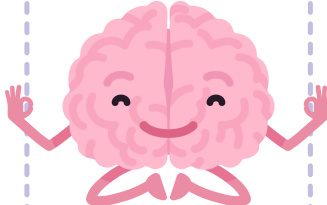


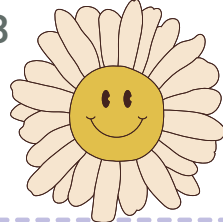










MINDFUL MAY: MENTAL HEALTH AWARENESS MONTH

Vietnamese American Service Center
2410 Senter Road.
San Jose, CA 95111
408-518-6200

Zephyr Self-Help Center
1075 E. Santa Clara Street
San Jose, CA, 95116
(408)792-2140

Esperanza Self-Help Center
1235 First Street
Gilroy, CA 95020
(408) 852-2460

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Wellness Flow: Journey in Movement 9:15am-10:15am VASC	3 Mindfulness & Chair Yoga 11am-12pm Esperanza Self Help Center	4 
5 	6 Hygiene and Well-Being Workshop 1:30pm-2:30pm Zephyr Self Help Center	7 Radiant Wellness: Movement for Health 9:15am-10:15am VASC	8 	9	10 Getting to Know Your Behavioral Health 11am-12pm Esperanza Self Help Center NourishMind: Behavioral Wellness Nutrition Group 12pm-1pm Zephyr Self Help Center	11 
12 	13 	14 Radiant Wellness: Movement for Health 9:15am-10:15am VASC	15	16 Wellness Flow: Journey in Movement 9:15am-10:15am VASC	17 Behavioral Health Mastery Workshop: Peer Perspective 12pm-1pm Zephyr Self Help Center	18 Hike Harmony: Wellness Journeys in Nature 10am-2pm Rancho San Antonio County Park Registration : 408-792-2140
19 	20 Strengths Navigator: Personality Strengths Circle 1:30pm-2:30pm Zephyr Self Help Center	21 	22 Positivity Sprouts: Plant Care Gathering 11am-2pm Zephyr Self Help Center	23 Natural Wellness: Park Walk 9:15am-10:15am VASC	24 Wellbeing Art Collage 11am-12pm Esperanza Self Help Center Reflect & Thrive: Gratitude Journaling Community 12pm-1pm Zephyr Self Help Center	25
26 Postpartum Depression Awareness Presentation: Virtual 4pm-6pm Registration : 408-792-2140	27 	28 African Heritage Community Quilt Presentation 2pm-3pm Zephyr Self Help Center	29	30 	31 Mindful May: Mental Wellness Awareness Month Event 12pm-3pm 1075 E. Santa Clara St. Parking Lot	



allcove.org

May Events

allcove Palo Alto
2741 Middlefield Road, Suite 102
Palo Alto, CA 94306
650-798-6330

center hours
Monday - Friday: 10 am - 7 pm

allcove

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Mental Health Awareness Month</p> 	<p>Asian-American & Pacific Islander Heritage Month</p>  <p>see our AAPI events in pink!</p>	<p>1 create & relate 5 - 6 pm</p> 	<p>2</p> <p>game night 5:30 - 6:30 pm</p>	<p>3 work & watch: Inside Out 5 - 6:30 pm</p>  <p>parent/guardian support resource group 5 - 6 pm</p>	<p>4</p>	
<p>5</p>	<p>6</p> <p>study cove 4:30 - 6 pm</p>	<p>7</p> <p>drop-in therapy 3 - 7 pm</p> <p>open mic 5:30 - 6:30 pm</p>	<p>8 create & relate 5 - 6 pm</p> 	<p>9 drop-in therapy 3 - 7 pm</p> <p>movie night: The Farewell 5 - 6:30 pm</p>	<p>10 work & watch: Kung Fu Panda 5 - 6:30 pm</p> 	<p>11</p>
<p>12</p>	<p>13</p> <p>study cove 4:30 - 6 pm</p>	<p>14</p> <p>drop-in therapy 3 - 7 pm</p> <p>open mic 5:30 - 6:30 pm</p>	<p>15 create & relate 5 - 6 pm</p> <p>how connection heals (for parents/guardians) 5 - 6 pm</p>	<p>16</p> <p>drop-in therapy 3 - 7 pm</p> <p>game night 5:30 - 6:30 pm</p>	<p>17 work & watch: Turning Red 5 - 6:30 pm</p>  <p>parent/guardian support resource group 5 - 6 pm</p>	<p>18</p>
<p>19</p>	<p>20 illumination & concentration 5 - 6 pm</p> 	<p>21 drop-in therapy 3 - 7 pm</p> <p>open mic 5:30 - 6:30 pm</p>	<p>22 create & relate 5 - 6 pm</p> 	<p>23 drop-in therapy 3 - 7 pm</p> <p>noodles & notes 5 - 6 pm</p> 	<p>24 work & watch: Shrek 5 - 6:30 pm</p> 	<p>25</p>
<p>26</p>	<p>27</p> <p>Closed for Memorial Day</p>	<p>28</p> <p>drop-in therapy 3 - 7 pm</p> <p>open mic 5:30 - 6:30 pm</p>	<p>29 create & relate 5 - 6 pm</p> 	<p>30</p> <p>drop-in therapy 3 - 7 pm</p> <p>game night 5:30 - 6:30 pm</p>	<p>31 work & watch: Despicable Me 5 - 6:30 pm</p> 	<p></p>

Downtown Youth Wellness Center

725 East Santa Clara Street, Suite 105, San Jose, CA 95112 • 408-961-4645

May/Mayo 2024

Sunday CLOSED	Monday OPEN: 10am – 7pm	Tuesday OPEN: 10am – 7pm	Wednesday OPEN: 10am – 7pm	Thursday OPEN: 10am – 7pm	Friday OPEN: 10am – 7pm	Saturday CLOSED
			1 Wellness Wednesday: Positive Self Talk 4:30pm-5:30pm	2 Art & Vibe Soap Making 4pm-5pm	3 Cinco De Mayo Celebration With Carne Asada Bowls 4:30pm-6pm 	4
5	6 Mindful Monday Junk Journaling 4:30pm-5:30pm	7 Employment Hour 4pm-5pm	8 Coffee Shop Talks: “Don’t Sweat the Small Stuff” 4:30pm-5:30pm	9 Art & Vibe Knitting 4pm-5pm	10 Good Vibes Karaoke 4:30pm-6pm	11
12	13 Trivia Night 4:30pm-6pm	14 Picture your Future: Headshots & Resumes 4pm-5pm	15 Anxiety Club 4pm-5pm	16 Art & Vibe Mental Health Mural Creation 4pm-5pm	17 Cooking Class: Spring Rolls 4pm-5:30pm	18
19	20 Mindful Monday Manifest Journaling 4:30pm-5:30pm	21 Employment Hour 4pm-5pm	22 Wellness Wednesday: Grounding Techniques 4:30-5:30pm	23 Art & Vibe Suncatchers 4pm-5pm	24 Movie Night Inside Out 4:30pm-6pm	25
26	27 CLOSED FOR HOLIDAY	28 Gardening with Staff 4PM-5PM	29 Coffee Shop Talks “Make Peace with Imperfection” 4:30PM-5:30PM	30 Art & Vibe Ocean Themed Hanging Décor 4pm-5pm Birthday Celebration! 	31 Cooking Class: Nacho Night With Nacho Libre 4pm-5:30pm	