

# HOPE Drop-In Center Zoom Group Schedule

Open to youth between the ages of 16-25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am						<b>Morning Stretch</b> (10:15)	<b>Morning Stretch</b> (10:15)
11am	<b>Coffee Club</b> Mindfulness Monday	<b>Coffee Club</b> Morning Inspiration	<b>Coffee Club</b> Morning Chat	<b>Coffee Club</b> Angel's Alley	<b>Coffee Club</b> Morning Check In	<b>Coffee Club</b> Saturday Morning Motivation	<b>Coffee Club</b> Sunday Morning Cartoons
12pm							
1pm	<b>Game of Phones</b> Game time	<b>Game of Phones</b> Game time	<b>Game of Phones</b> Game time	<b>Game of Phones</b> Game time	<b>Game of Phones</b> Game time	<b>Karaoke Saturday!</b>	<b>Game of Phones</b> Game time
2pm	<b>Hope Friends</b> Mental Health Hygiene, join in and share coping skills	<b>Hope Friends</b> Mental Health Hygiene, join in and share coping skills	<b>Healthy Living &amp; Self Care</b> Learn and share ideas on staying healthy and improving life balance	<b>Sister Act</b> Empowerment, Self-esteem, feeling connected and more	<b>Hope Friends</b> Mental Health Hygiene, join in and share coping skills	<b>Hope Friends</b> Mental Health Hygiene, join in and share coping skills	<b>Hope Friends</b> Mental Health Hygiene, join in and share coping skills
3pm	<b>Cooking</b> Learn to make simple and easy meals	<b>Let's Read</b> Read and discuss short stories	<b>Spanish 101</b> Learn or brush up on your Spanish	<b>Good Vibes</b> Discuss topics important to LGBTQ+ and allies	<b>Staying Home and Staying Sober</b>	<b>Creative Writing Workshop</b>	<b>Resources</b> Resource Sharing
4pm	<b>Art</b> Learn and practice artistic skills	<b>Open Mic Hour</b> Share your talents, jokes and memes	<b>Money Moves</b> Budgeting and financial planning	<b>Resources</b> Resource Sharing	<b>Guitar Group</b> Grab your guitar and practice your skills	<b>Music Appreciation</b> Explore and discuss a variety of music genres	<b>Comedy Hour</b> Comedy Improv
5pm	<b>Pep Talks</b> Employment prep & readiness	<b>Home Workout</b> End of the day workout		<b>Pep Talks</b> Employment prep & readiness			

For Zoom meeting ID and Password, contact Janet Fonseca (626) 701-0585 or Christian Burkhard (626) 476-0043