

# DROP-IN CENTERS

AGES 18-25 ONLY . NORTH: SAN BRUNO . SOUTH: REDWOOD CITY



## PEER PARTNER CORNER: DIEGO

*"Would you rather go back in time to meet your ancestors or go to the future and meet your great-great-grandchildren?"*

If I had to pick between the two choices I would like to meet my ancestors. The reason being is I would love to know how Aztec culture and diet was like. I would like to know where my last name came from and what was their role was in society.

Sometimes you got to look into the past to learn something about the future. Maybe they have a great insight on things that could have never thought of. Lastly, I think ignorance is bliss.

Sorry not sorry to my future great-great-grandchildren you will just have to hear about me through stories like the rest of us haha.



Click here



**"The Black Lives Matter movement is a testament to the fact that courage is contagious." - Opal Tometi**

### **REMINDER:**

### **GRAB 'N GO'S & DELIVERIES**

Stop by the FIRST Wednesday at North and FIRST Thursday at South every month for Grab 'N Go's!

**September 2nd** at North 1-4PM

**September 3rd** at South 1-4PM

Each month you can get one **Hygiene bag w/ \$25 Amazon gift card** and one **Munchie bag w/ a \$20 Safeway gift card.**

Deliveries are **EVERY** Friday of the month!

Email [SusanG@edgewood.org](mailto:SusanG@edgewood.org) to schedule a delivery.

*Feeling anxious or overwhelmed?  
Try this Self Havening exercise*

1. Cross arms, each hand on opposite shoulder
2. Pull hands from both shoulders down to the elbows, with firm but gentle pressure
3. At the same time, hum a tune



### CONTACT INFO

Email: [DropinCenters@edgewood.org](mailto:DropinCenters@edgewood.org)

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Instagram

@edgewood\_dropinceneters

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