

For the month of March, the offices of MHA Ocean will be providing Virtual Groups to the community. The meetings can be done online or by telephone via **Zoom**. Below are the phone numbers for each group along with the time and topic. After dialing the number for the desired group, please dial the **MEETING ID** followed by the # sign and then the **PASSWORD** followed by the # sign. You will then be connected to the group! You can also login on Zoom's website at [zoom.us](https://zoom.us). Then click **JOIN A MEETING** and enter the **MEETING ID**.

Follow us on Facebook: Mental Health Association in New Jersey-Ocean County or to reach out via email at [MHAOCEAN@mhanj.org](mailto:MHAOCEAN@mhanj.org) for registration/information of groups or if needing additional supports.

For more information or to send referrals:

**Journey to Wellness (JTW):**

Mike Leotis [mleotis@mhanj.org](mailto:mleotis@mhanj.org)  
Michelle Price [mprice@mhanj.org](mailto:mprice@mhanj.org)

**Recovery Peer Outreach Support Team (RPOST)  
or Recovery Family Support Services (RFSS):**

Michelle Price [mprice@mhanj.org](mailto:mprice@mhanj.org)

**Tools for Success (TFS) and Youth Peer  
Outreach Support Services (YPOST):**

Amy Johnson [ajohnson@mhanj.org](mailto:ajohnson@mhanj.org)

**Pathways to Success:**

Emily Iovine [eiovine@mhanj.org](mailto:eiovine@mhanj.org)

**Monday**

**10:00-11:00 AM: EMPLOYMENT WELLNESS/RECOVERY:** 1(929)205-6099 **MEETING ID:** 822 199 568

**PASSWORD:** 156625

**4:00-5:00 PM: WRAP OPEN DISCUSSION:** 1(929)205-6099 **MEETING ID:** 932 776 999 **PASSWORD:** 409400

**7:00-8:00 PM: SUBSTANCE USE:** 1 (929)205-6099 **MEETING ID:** 125 093 848 **PASSWORD:** 623616

**Tuesday**

**10:00-11:00 AM: EMPLOYMENT WELLNESS/RECOVERY:** 1(929)205-6099 **MEETING ID:** 822 199 568

**PASSWORD:** 156625

**12:00-1:00 PM: RELAXATION:** 1 (929)205-6099 **MEETING ID:** 130 429 200 **PASSWORD:** 734315

**1:00-2:00 PM: WRAP FOR ADDICTIONS:** 1 (929)205-6099 **MEETING ID:** 172 562 211 **PASSWORD:** 708927

**7:00-8:00 PM: MENTAL WELLNESS:** 1 (929)205-6099 **MEETING ID:** 913 979 032 **PASSWORD:** 753807

**Wednesday**

**10:00-11:00 AM: EMPLOYMENT WELLNESS/RECOVERY:** 1(929)205-6099 **MEETING ID:** 822 199 568

**PASSWORD:** 156625

**3:00-4:00 PM: WELLNESS TOOLS:** 1 (929)205-6099 **MEETING ID:** 999 115 063 **PASSWORD:** 299406

**6:30-7:30 PM: RECOVERY FAMILY:** 1 (929)205-6099 **MEETING ID:** 635 649 622 **PASSWORD:** 351955

**Thursday**

**10:00-11:00 AM: EMPLOYMENT WELLNESS/RECOVERY:** 1(929)205-6099 **MEETING ID:** 822 199 568

**PASSWORD:** 156625

**1:00-2:00 PM- WRAP FOR NOW:** 1 (929)205-6099 **MEETING ID:** 705 499 820 **PASSWORD:** 492699

**7:00-8:00 PM: GRIEF GROUP:** 1 (929)205-6099 **MEETING ID:** 795 726 385 **PASSWORD:** 377200

**Friday**

**10:00-11:00 AM: EMPLOYMENT WELLNESS/RECOVERY:** 1(929)205-6099 **MEETING ID:** 822 199 568

**PASSWORD:** 156625

**2:00-3:00 PM: WRAP FOR WORK:** 1(929)205-6099 **MEETING ID:** 153 826 614 **PASSWORD:** 870965

**7:00-8:00: COPING WITH CHAOS:** 1 (929)205-6099 **MEETING ID:** 609-788-650 **PASSWORD:** 033931

