



The Mental Health Association has moved all services to virtual for the health, safety and well-being of all. If you have questions or concerns (including help using zoom or the conference calling feature) you can reach Carolyn Quinn at 609-652-3800 ext. 303 or cquinn@mhanj.org and website- www.mhaac.info

Mondays

10am-12pm Self-Help Open Hours

<https://zoom.us/j/772457692?pwd=R2NDNEduUzh3RDA0d0pFQmZJYzk0dz09> Meeting ID: 772 457 692 Password: 596706 / or schedule ahead by emailing: btrendler@mhanj.org

12pm-1pm Got Stress?

<https://zoom.us/j/737821046?pwd=U3p4anI5K0NYMWxDZVlOcnpS2xZQT09> Meeting ID: 737 821 046 Password: 597088 / call (929)-205-6099

1pm-2pm Job Club

Dial-in Number (609)-241-9388 Conference ID: 149330

1pm-3pm WRAP Seminar I Workshop (8 week group starts 3/30/20)

This virtual workshop via zoom will be closed series. Please register ahead to receive the zoom information with wrap@mhanj.org

4pm-5pm WRAP Open Discussion Group

<https://zoom.us/j/932776999?pwd=SHJOZWVRUzhQRkZWcE1mekNxdWtqUT09> MeetingID:932 776 999 Password:409400 /call (929)-205-6099

5pm-6pm Grief & Loss Support Group (for substance use loss)

<https://zoom.us/j/477552435?pwd=WGFybnRlVWJTVlhoTHZWSmVuaVhPQT09> Meeting ID:477 552 435 Password:302463 /call (929)-205-6099

Tuesdays

1pm-2pm WRAP for Addictions

<https://zoom.us/j/172562211?pwd=WWTEZ1hZOVZAzElJzYW9lbzhlWE4vUT09> Meeting ID: 172 562 211 Password: 708927 / call (929)-205-6099

4:30pm-5:30pm Student Stress Support Group

<https://zoom.us/j/544945104?pwd=UExiVjQva0FXMFJESGcvVmN1eWNNMQT09> Meeting ID: 544 945 104 Password: 888006/ call (929)-205-6099

6pm-7pm Bipolar Support Group

Dial-in Number (609)-241-9388 Conference ID: 149330

630pm-8pm Adult Survivors of Child Abuse

<https://zoom.us/j/483074867?pwd=TWs1clcwK2plV1didVQ5Y3hsMmN4Zz09> Meeting ID: 483 074 867 Password: 023942 / call (929)-205-6099

Wednesdays

1pm-2pm Too Much Stuff? (*Only on the 1st & 3rd Wednesdays)

Dial-in Number (609)-241-9388 Conference ID: 149330

1pm-3pm Self-Help Open Hours

<https://zoom.us/j/257958001?pwd=T0VnZDUrRE5LUDhMmZnVmJ2enhZdz09> Meeting ID: 257 958 001 Password:019225 /call (929)-205-6099

3pm-4pm WRAP Wellness Tool Wednesday

<https://zoom.us/j/999115063?pwd=enYwaG54NlpmcnNaSUFiRXcra3hiZz09> Meeting ID: 999 115 063 Password: 299406 / call (929)-205-6099

430pm-530pm Got Stress?

<https://zoom.us/j/522733172?pwd=L0ErTFIhRQWhaQnNkTSIzTUZjaGpoQT09> Meeting ID: 522 733 172 Password: 957462 or call (929)-205-6099

6pm-7pm Rising Minds

<https://zoom.us/j/971713914?pwd=L2d4ZkNraG0xUmh5NjJmZVpFa3hTz09> Meeting ID: 971 713 914 Password: 503416 or call (929)-205-6099

Thursdays

10am-11am WRAP for Crisis Planning

<https://zoom.us/j/992844119?pwd=ZXQzaU5KaG1lVvYyY3hML1FWdlIFUT09> Meeting ID:992 844 119 Password: 866264 or call (929)-205-6099

10:30am-11:45am Depression & Anxiety Support Group (Hammonton)

Dial-in Number (609)-241-9388 Conference ID: 149330

12pm-1pm Got Stress?

<https://zoom.us/j/869361285?pwd=TUZRSiITQ04vNlNlUTVRZhhMl1oydz09> Meeting ID: 869 361 285 Password: 193082 or call (929)-205-6099

1pm-2pm WRAP for Now

<https://zoom.us/j/705499820?pwd=VzZpT2lDOXBjQmQvZUJlNmRlZm9CZz09> Meeting ID:705 499 820 Password: 492699 /call (929)-205-6099

3pm-430pm Depression & Anxiety Support Group (Northfield)

Dial-in Number (609)-241-9388 Conference ID: 149330

Fridays

12pm-1pm Lunch & Discuss

<https://zoom.us/j/236989519?pwd=TGllcnRhS3l0WGVoZk9xVE5lbnM5QT09> Meeting ID: 236 989 519 Password: 895594 / call (929)-205-6099

2pm-3pm LGBTQ + Discussion Group

Dial-in Number (609)-241-9388 Conference ID: 149330

2pm-3pm WRAP for Work

<https://zoom.us/j/153826814?pwd=RHpkRUROdXRKUUgvdEdkKjFPb3pmUT09> Meeting ID:153 826 614 Password:870965/ call (929)-205-6099