



## MHANJ HUDSON & UNION COUNTY'S VIRTUAL SUPPORT GROUPS

- Caring for one another • Destressing together • Collaborating to determine solutions

**WE'RE HERE FOR YOU!**

Due to the current global health pandemic (COVID-19), the peer support services offered by the Mental Health Association in New Jersey in Hudson and Union Counties will now be offered virtually. This alternative service method will remain into effect until further notice. Please see below for a schedule of our current groups. Registration is required for each group. After registering, you will receive a confirmation email containing information about joining the meeting. If you have any general questions or are in need of one-on-one, individual support, please call 908-810-1001, ext. 359, to speak with Glen McMillian or email [gmcmillian@mhanj.org](mailto:gmcmillian@mhanj.org).

### **MONDAYS**

#### **10 AM -- 11:30 AM: Esperanza Self-Help Collaboration (Facilitator: Glen McMillian)**

- Who needs a physical center to make a connection? Virtual communication, collaboration and chatting with friends is what this group is all about. During this global pandemic, many of us may experience increased levels of stress and anxiety about the unknown. Let's destress together by laughing and "shooting the breeze" while also remaining physically socially distant.
- Registration URL: <https://us04web.zoom.us/meeting/register/uJwpcseysqiotKT8iTqQTytA1-Z0yjSpMnw>
- Meeting ID: 584-654-417

#### **12 PM – 1 PM: 8 Dimensions of Wellness (Facilitator: Tina Bubb)**

- Come learn how to center your life in every aspect. Complete awareness and wellness are what this group is all about: Emotional, Physical, Spiritual, Occupational, Intellect, Environmental, Financial and Social
- Registration URL: <https://us04web.zoom.us/meeting/register/vJ0vc-6vqzlj6eDx1QDvwZU5FrhVDnBIDg>
- Meeting ID: 192-477-599

#### **1 PM – 2 PM: Tools for Managing Stress & Anxiety During COVID-19 (Facilitator: Theron Rouse)**

- Life can get stressful and from time to time. The ability to manage that stress can prove to be difficult. Learn how to manage the stress and anxiety that often exacerbate problems for us rather than fixing them. Essential tools for managing and preventing stress and anxiety will be covered.

- Registration URL:  
<https://us04web.zoom.us/meeting/register/tZApdCqqzwj6pOAB3hE4od9NF2Wjq9ZAw>
- Meeting ID: 844-092-579

## **TUESDAYS**

### **9 AM -- 12:30 PM: Individual Peer Support (Facilitator: ALL)**

- These sessions allow for 30 minutes of one-on-one Individual phone or video support to those in need. We understand that there are some things you may prefer to discuss privately, rather than in a group. One-on-one peer support may be the solution for you. Sign up for a free individual support session today!
- Sign up and select your time slot
- Registration URL:  
<https://us04web.zoom.us/meeting/register/v5Atfu2vrT4vxN9cx8cdiOr5TMVEEzZPUw>
- Meeting ID: 240-947-355

## **WEDNESDAYS**

### **10 AM -- 11:30 AM: Esperanza Self-Help Collaboration (Facilitator: Glen McMillian)**

- Who needs a physical center to make a connection? Virtual communication, collaboration and chatting with friends is what this group is all about. During a global pandemic, many of us may experience increased levels of stress and anxiety about the unknown. Let's destress together by laughing and "shooting the breeze" while also remaining physically socially distant.
- Registration URL: <https://us04web.zoom.us/meeting/register/vJErdrqDspPPzuMp1c0Cu9qpas0HkLDA>
- Meeting ID: 156-063-603

### **12 PM -- 1 PM: Spirituality (Facilitator: Nell Dixon)**

- Do you think about living a purposeful life and creating a balance between physical, psychological, and the spiritual aspects of your life? What motivates you? Whom/what do we turn to for inner strength when we can't find the strength ourselves? Come share your experiences with us. You never know, your thoughts may be just the strength that someone else needs to keep pushing forward.
- Registration URL: <https://us04web.zoom.us/meeting/register/uJAtf6vqD4vjJeMQVJV4Uuj9No6vwOalw>
- Meeting ID: 540-877-655

### **1 PM -- 2PM: The POWER of a Support System (Facilitator: Jeff Demuth)**

- Do you have a support system? How important is it in your life? Should a support system only be your family and friends? Living life alone may not be the answer. Let's talk!
- Open discussion
- Registration URL:  
<https://us04web.zoom.us/meeting/register/u5UqfuipqjotmjB17NDjRkygGYJuPW37IQ>
- Meeting ID: 617-911-417

## **THURSDAYS:**

### **9 AM -- 12:30 PM: Individual Peer Support (Facilitator: ALL)**

- These sessions allow for 30 minutes of one-on-one individual phone or video support for those in need. We understand that there are some things you may prefer to discuss privately, rather than in a group. One-on-one peer support may be the solution for you. Sign up for a free individual support session today!

- Sign up and select your time slot
- Registration URL: <https://us04web.zoom.us/meeting/register/v50kduutqj4rUi8XRoiZE0mnqXwLtRxjJQ>
- Meeting ID: 299-125-451

**FRIDAYS:**

**10 AM -- 11:30 AM: Esperanza Self-Help Collaboration – SPANISH SPEAKING ONLY (Facilitator: Laura Norona)**

- Who needs a physical center to make a connection? Virtual communication, collaboration and chatting with friends is what this group is all about. During this global pandemic, many of us may experience increased levels of stress and anxiety about the unknown. Let's destress together by laughing and "shooting the breeze" while also remaining physically socially distant.
- Registration URL: [https://us04web.zoom.us/meeting/register/uJMvc--hpzlu12ShuPd5z7yPfnrlk\\_mHkA](https://us04web.zoom.us/meeting/register/uJMvc--hpzlu12ShuPd5z7yPfnrlk_mHkA)
- Meeting ID: 572-469-994

**1 PM – 2 PM: Co-Occurring Recovery Group (Facilitator: Randy Elfenbein)**

- This is a 12 Step Recovery Group for those battling addiction and mental illness. A 12 Step program is guided by a set of principles outlining a course of action for recovery. In this group we discuss the principles of 12 step as well as the challenges of recovery while managing a mental illness.
- Registration URL: <https://us04web.zoom.us/meeting/register/uJEsdu-tqTwiBn5fW-KGdGZX-ChjpNwYzg>
- Meeting ID: 551-165-778



**YOU ARE NOT ALONE!!**

