



Mental Health Association Atlantic County Virtual Calendar

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 call 609-652-3800 website- www.mhaac.info

Mondays

10am-12pm Self-Help Open Hours

<https://zoom.us/j/772457692?pwd=R2NDNEduUzh3RDA0d0pFQmZjYz0k0dz09> Meeting ID: 772 457 692 Password: 596706 / or email: btrendler@mhanj.org

12pm-1pm Got Stress?

<https://zoom.us/j/737821046?pwd=U3p4an15K0NYMWxDZVI0cnpjS2xZQT09> 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=SHJOZVWRUzhQRkZwE1mekNxdWtqUT09> 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=WGFybnNlVjVlhoTHZWSmVuaVhPQT09> Meeting ID:477 552 435 Password:302463 /call (929)-205-6099

Tuesdays

10am-11am POST Open Hours

<https://zoom.us/j/411087917?pwd=UGXsa1DWmpSNjBjRTIhYktDTEIEz09> Meeting ID: 411 087 917 Password: 051638 /call (929)-205-6099

1pm-2pm WRAP for Addictions

<https://zoom.us/j/172562211?pwd=WWtEZ1hZOVZAZelJzYW9lbnZlWE4vUT09> 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=UExiVjQva0FXMFJESGcvMn1eWNNMQT09> 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=TWs1clcwK2p1V1didVQ5Y3hsMmN4Zz09> Meeting ID: 483 074 867 Password: 023942 / call (929)-205-6099

Wednesdays

9am-10am Gratitude Coffee Talk

<https://zoom.us/j/894890678?pwd=SWtsNFVEWmxyMSjbnF2TTVvOTFYUT09> Meeting ID: 894 890 678 Password: 707190 / call (929)-205-6099

10am-11am POST Open Hours

<https://zoom.us/j/411087917?pwd=UGXsa1DWmpSNjBjRTIhYktDTEIEz09> Meeting ID: 411 087 917 Password: 051638 /call (929)-205-6099

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=TOVnZDUrRE5LUDhMMZmZmVJ2enhZdz09> 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=L0ERtFlrQWhaQnNkTStzTUZjaGpoQT09> Meeting ID: 522 733 172 Password: 957462 or call (929)-205-6099

6pm-7pm Depression Support Group (Linwood)

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

6pm-7pm Rising Minds

<https://zoom.us/j/971713914?pwd=L2d4ZkNraG0xUmh5NjJmZVpFa3hTZz09> Meeting ID: 971 713 914 Password: 503416 or call (929)-205-6099

7pm-8pm Work/Life Balance: When the Office and School Come together at Home

<https://zoom.us/j/869699114?pwd=TEkva1pieDhzcUJwvSFZYSDdXUVNndz09> Meeting ID: 869 699 114 Password: 912960 or call (929)-205-6099

Thursdays

9am-10am WRAP for Crisis Planning

<https://zoom.us/j/992844119?pwd=ZXQzaU5kaG1VYoyY3hML1FWdlIFUT09> Meeting ID:992 844 119 Password: 866264 or call (929)-205-6099

10am-12pm Family Support Group (ONLY 2nd Thursday of the Month)

<https://zoom.us/j/952751315?pwd=MFdlpGhZndhcidxamZTM0ZaUjksQT09> Meeting ID: 952 751 315 Password: 615745 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=TUZRSHITQ04vNkUURZzhhMdl1oydz09> Meeting ID: 869 361 285 Password: 193082 or call (929)-205-6099

1pm-2pm WRAP for Now

<https://zoom.us/j/705499820?pwd=VzZpT2VDOXRiQnQvaZUjNkFzZm9CZz09> 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/236988519?pwd=TOllcnRhS3JlWGVuZk9vVE51bmE5QT09> Meeting ID: 236 989 519 Password: 895594 / call (929)-205-6099

2pm-3pm WRAP for Work

<https://zoom.us/j/153826114?pwd=RHpkRUROsXREkUJwvdEokUjFPb3YmUT09> Meeting ID:153 826 614 Password:870965/ call (929)-205-6099

2pm-3pm LGBTQ + Discussion Group * (Only on the 1st & 3rd Fridays)

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NJ Mental Health Cares

If you're concerned about your mental health or the mental health of someone you love, **NJ Mental Health Cares** can help. The **free helpline** offers telephone counseling, emotional support, information and assistance.

866-202-HELP (4357)
7 days per week, 8am - 8pm