

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.

You can also find us on Instagram at [oceanmhanj](https://www.instagram.com/oceanmhanj).

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

12:00-1:00 PM: DUAL RECOVERY: 1 (929)205-6099 MEETING ID: 950 5174 7851

4:00-5:00 PM: PROBLEM SOLVING IN CRISIS: MEETING ID: 932 2533 1336

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

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

8:00-9:00 PM: ANGER MANAGEMENT: 1 (929) 205-6099 MEETING ID: 674 455 661

#### TUESDAY

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

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

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

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

8:00-9:00 PM: TEACHER TALK: 1 (929)205-6099 MEETING ID: 242 485 223 \*Password required

#### WEDNESDAY

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

12:00-1:00 PM: RECOVERY DHARMA: 1 (929)205-6099 MEETING ID: 916 8215 2965

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

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

#### THURSDAY

9:00-10:00 AM: WRAP CRISIS PLANNING: 1 (929) 205-6099 MEETING ID: 992 844 119

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

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

4:00-5:00 PM: PROBLEM SOLVING IN CRISIS: MEETING ID: 932 2533 1336

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

8:00-9:00 PM: TEACHER TALK: 1 (929)205-6099 MEETING ID: 242 485 223 \*Password required

#### FRIDAY

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

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

5:00-6:00 PM: Moms Offering Moms Support (MOMS) 1 (929)205-6099 MEETING ID: 932 2282 2193

7:00-9:00 PM: MUSIC TO MY EARS 1 (929)205-6099 MEETING ID: 653 731 530

#### SATURDAY

9:00-10:00 AM: STAYING ACTIVE IN ISOLATION: 1 (929) 205-6099 MEETING ID: 204 663 877

12:00-1:00 PM: JUST HANGIN' OUT: 1 (929)205-6099 MEETING ID: 685 995 254

4:00-5:00 PM: RELAXATION TOOLS & TECHNIQUES MEETING ID: 357 314 888

7:00-8:00 PM: COPING WITH CHAOS: 1 (929) 205-6099 MEETING ID: 549 614 341

#### SUNDAY

11:00 AM-12:00 PM: MEDITATION: 1 (929)205-6099 MEETING ID: 771 665 073

6:30-7:30 PM: ALL RECOVERY SUNDAY: 1 (929)205-6099 MEETING ID: 991 231 584