

(Caring for one another, Destressing together, **Collaborating** to determine solutions)

MONDAYS

- Social distance conversing
- Registration URL: <https://zoom.us/j/670188721?pwd=WDZqRTVGWUxBZDNLckNRdWdnWFFYdz09>
- Join Zoom Meeting: <https://zoom.us/j/584654417>
- Meeting ID: 584 654 417
- One tap mobile: +19292056099, 670188721# US (New York); Meeting ID: 584-654-417

- Complete wellness for every dynamic of our lives- Emotional, Physical, Spiritual, Occupational, Intellect, Environmental, Financial, & Social
- Registration [URL:https://zoom.us/join/98tyKuihrD8tHdGcuV_9ArAqW9r7b-HliCdLjrsMrTzvFBpmNyXkPtRmPJBzNN-B](https://zoom.us/join/98tyKuihrD8tHdGcuV_9ArAqW9r7b-HliCdLjrsMrTzvFBpmNyXkPtRmPJBzNN-B)
- Meeting ID: 192 477 599
- One tap mobile: +19292056099, 192477599# US (New York); Meeting ID: 192 477 599

- Essential tools for managing stress and anxiety
- Registration URL: https://zoom.us/meeting/tZApd-CqgzWj6pOAB3hE4od9NF2Wjq9ZAw/ics?icsToken=98tyKuGsqjsjNGGSuV3tc7YtW6_8b-H2iCdehYJ_zxfAVy9XOy3QZNVII-tFMc-B
- Join Zoom Meeting: <https://zoom.us/j/844092579>
- Meeting ID: 844 092 579
- One tap mobile: +19292056099, 844092579# US (New York); Meeting ID: 844 092 579

- Individual phone or video support to those in need. First come, first served.
- Join Zoom Meeting: <https://zoom.us/j/954232118>
- Meeting ID: 954 232 118
- Password: 065068
- One tap mobile: +19292056099,954232118# US (New York); Meeting ID: 954 232 118

WEDNESDAYS

10AM-11:30AM: Join Us for Coffee and Conversation (Facilitator: Glen McMillan)

- Social distance conversing
- Registration URL: <https://zoom.us/j/670188721?pwd=WDZqRTVGWUxBZDNLckNRdWdnWFFydz09>
- Join Zoom Meeting: <https://zoom.us/j/584654417>
- Meeting ID: 584 654 417
- One tap mobile: +19292056099, 670188721# US (New York); Meeting ID: 584-654-417

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

- Living a purposeful life. Creating a balance between physical, psychological, and the social aspects of your life.
- Registration URL: <https://zoom.us/meeting/uJAtf-6vqD4vjJeMQVJV4Uuj9No6vwOalw/ics?icsToken=98tyKuysrjMtHdKQtVz9c7lvW9r7b9-1lHtkr45sqjXTVxVGaFrYObRUJZ1-Oc-B>
- Join Zoom Meeting: <https://zoom.us/j/540877655>
- Meeting ID: 540 877 655
- One tap mobile: +19292056099, 540877655# US (New York)

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

- Open discussion (Living Alone is Not the Answer)
Registration URL:
https://zoom.us/meeting/u5UqfuipqjotmjB17NDjRKygGYJuPW37lQ/ics?icsToken=98tyKu-pqTlrG9CUt1yCZ7cvA4X9b_HulnxEiPIKsjvvMQtKZSTPHpdyBeEoOemB
- Join Zoom Meeting: <https://zoom.us/j/617911417>
- Meeting ID: 617 911 417
- One tap mobile: +19292056099, 617911417# US (New York)

THURSDAYS:

9AM -2:15PM: Individual Peer Support (Facilitator: ALL)

- Individual phone or video support to those in need. First come, first served.
- Join Zoom Meeting: <https://zoom.us/j/954232118>
- Meeting ID: 954 232 118
- Password: 065068
- One tap mobile: +19292056099,954232118# US (New York); Meeting ID: 954 232 118I

FRIDAYS:

10AM-11:30AM: Join Us for Coffee and Conversation – SPANISH SPEAKING ONLY (Facilitator: Laura Norona)

- Social distance conversing
- Registration URL: https://zoom.us/meeting/uJMvc--hpzlu12ShuPd5z7yPfnrlk_mHkA/ics?icsToken=98tyKuyvrD8sE92ctFz9f7AqW8HlbuHllyAcmatlrBuwGXdKUgX4JO5JD6b9XG_mB
- Join Zoom Meeting: <https://zoom.us/j/572469994>
- Meeting ID: 572 469 994
- One tap mobile: +19292056099,,572469994# US (New York)

1PM-2PM: Recovery is Possible for Addicts Living with Mental Illness (Facilitator: Randy Elfenbein)

- 12 Step Based Recovery for those battling addiction and mental illness
- Join Zoom Meeting: <https://zoom.us/j/551165778?pwd=VjFQVFREZldxc3h2Qmx1STN1Ukxjdz09>
- Meeting ID: 551 165 778
- Password: 100974
- One tap mobile: +19292056099,,551165778# US (New York)



YOU ARE NOT ALONE!!

