



**Mental Health
Association in
New Jersey, Inc.**

MHANJ HUDSON & UNION COUNTY'S VIRTUAL SUPPORT GROUPS

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

Due to the current global health pandemic (COVID-19), the peer support services offered by the Mental Health Association in New Jersey in Union and Hudson Counties are 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 prefer or are in need of 1:1 support, please call 908-810-1001, Ext. 354, to speak with Nell Dixon or email ndixon@mhanj.org.

MONDAYS

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

- Social distance conversing
- Registration URL: <https://us02web.zoom.us/j/88953650470>
- Meeting ID: 889-5365-0470
- Dial in: +19292056099, (New York); Meeting ID: 889-5365-0470

12PM-1PM: Wellness (Facilitator: Tina Bubb)

- Complete wellness for every dynamic of our lives- Emotional, Physical, Spiritual, Occupational, Intellect, Environmental, Financial, & Social
- Registration URL:
<https://us02web.zoom.us/j/89855655234?pwd=L3hVRHJnRUVQb3JlSzRlVndYMjlSOT09>
- Meeting ID: 898-5565-5234
- Password: 945389
- Dial in: +19292056099 ; Meeting ID: 898-5565-5234 Password: 945389

TUESDAYS

10AM: Friends of DBSA/Union Group (Facilitator: Randy Elfenbein)

- <https://us02web.zoom.us/j/82495309155?pwd=TkFkR1ExeVRWU0VjOGdhNjdQy9xQT09>
- Meeting ID: 824-9530-9155
- Password: 188166
- Dial in: +19292056099 ; Meeting ID: 824-9530-9155 Password: 188166

5PM-6PM: Empowerment Group "What We Didn't Know We Could Do" (Facilitator: Ian Winters)

- <https://us02web.zoom.us/j/82992028718?pwd=VDJvZ0ZCdDlxVWVjVjVtN2crZz09>
- Meeting ID: 829-9202-8718
- Password: 708660
- Dial in: +19292056099 ; Meeting ID: 829-9202-8718 Password: 708660

WEDNESDAYS

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

- Social distance conversing
- Registration URL: <https://us02web.zoom.us/j/88953650470>
- Meeting ID: 889-5365-0470
- Dial in: +19292056099 ; Meeting ID: 889-5365-0470

12PM-1:30PM: Spirituality (Facilitator: Nell Dixon)

- Living a purposeful life. Creating a balance between physical, psychological, and the social aspects of your life.
- Registration URL: <https://us02web.zoom.us/meeting/register/uJAtf-6vqD4vjJeMQVJV4Uui9No6vwOalw>
- Meeting ID: 540-877-655
- Dial in: +19292056099 ; Meeting ID: 540-877-655

THURSDAYS:

9am -12:30pm: Individual Peer Support (Facilitator: ALL)

- Registration URL: <https://us02web.zoom.us/j/954232118?pwd=cGd5Q0p4bEVJRkh0eDRUTWNEbGFwZz09>
- Meeting ID: 954-232-118
- Password: 065068
- Dial in: +19292056099 ; Meeting ID: : 954-232-118 Password: 065068

1PM-2PM: Eating Healthy & Exercise (Facilitator: Glen McMillan)

- Open discussion (Healthy Living)
- Registration URL: <https://us02web.zoom.us/j/88426755138?pwd=QVZ4QmgvOVlrTWxtGRvcUxrV2dlZz09>
- Meeting ID: 884-2675- 5138
- Password: 209673
- Dial in: +19292056099 ; Meeting ID: 884-2675- 5138 Password: 209673

2PM-3PM: Prejudging and Social Stigmas (Facilitator: Theron Rouse)

- Registration URL: <https://us02web.zoom.us/j/82078618719?pwd=Wk1EMFBtS21ieXRnbmVBT1ZQNEViQT09>
- Meeting ID: 820-7861-8719
- Password: 108708
- Dial in: +19292056099 ; Meeting ID: 820-7861-8719 Password: 108708

FRIDAYS:

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

- Social distance conversing
- Registration URL: https://us02web.zoom.us/meeting/register/uJMvc--hpzlu12ShuPd5z7yPfnrlk_mHkA
- Meeting ID: 572-469-994
- Dial in: +19292056099 ; Meeting ID: 572-469-994

1PM-2PM: Dual Recovery is Possible (Facilitator: Randy Effenbein)

- 12 Step Recovery Group for those battling addiction and mental illness
- Registration URL: <https://us04web.zoom.us/meeting/register/uJEsdu-tqTwiBn5fW-KGdGZX-ChjpNwYzg>
- Meeting ID: 551-165-778
- Password: 100974
- Dial in: +19292056099 ; Meeting ID: 551-165-778 Password: 100974

7:30PM-8:30PM: Friday Game Night (Facilitator: All)

- Registration URL <https://us02web.zoom.us/j/551165778?pwd=VjFQVFREZldxc3h2Qmx1STN1Ukxjdz09>
- Meeting ID: 892-9392-0853
- Password: 076004
- Dial in: +19292056099 ; Meeting ID: 892-9392-0853 Password: 076004



YOU ARE NOT ALONE!!

