Mental Health Association in New Jersey, Inc.

MHANJ and NJ Hope and Healing Groups by Day of the Week Summer 2020

Mental Health Association in New Jersey (MHANJ) and NJ Hope and Healing Groups are free. In most cases and unless otherwise noted, no reservation is required. Please join us!

Host Contact Information - Please allow at least one business day for call-backs as many are working remotely: MHANJ Community Education (including General, Mental Health Players, PEWS) 973-571-4100, ext. 143; MHANJ in Atlantic County 609-652-3800; MHANJ in Hudson and Union Counties 908-810-1001; MHANJ in Ocean County 732-244-0940; MHANJ Consumer Connections 848-480-0916; NJ Connect for

Monday

Group	Time	Link	Meeting ID	Pass-word	Phone # to Participate	Host
Virtual Self-Help Open Discussion Hours	10 -12 pm	https://zoom.us/j/7724576927?pwd=R2NDNEduUzh3RDAd0dpFQmZlYzk0dz09	772457692	596706		*MHANJ Atlantic County Email questions to btrendler@mhanj.org*
Virtual Employment Wellness and Recovery Group (focused on employment related issues and self help strategies)	10-11 am		822 199 568	156625	929-205-6099	MHANJ Ocean County
Esperanza Self Help Collaboration Social Distance Conversation	10-11 am	https://zoom.us/j/7724576927?pwd=R2NDNEduUzh3RDAd0dpFQmZlYzk0dz09	8895365040		929-205-6099	MHANJ Hudson & Union Counties
Support Group for COVID-positive individuals & their loved ones	10- 11 am	https://zoom.us/j/94336224788?pwd=bHAzT2hzRTYveVpjNXdYY1LyeTMzdz09	943-36224788	116328		NJ HOPE and Healing
Reiki/Meditation - 2nd Monday of the Month	11-12pm		97347453384			MHANJ Ocean County
College Students Support Group	11:45-12:30pm	https://zoom.us/j/93289700950?pwd=QlRGTGd0UW13QW1UYkpWOFc0VUNoQT09	932 89700950	950537		
Dual Recovery Meeting	12-1pm		95051747851		929-205-6099	MHANJ Ocean County
Virtual Got Stress?	12-1pm	https://zoom.us/j/7724576927?pwd=R2NDNEduUzh3RDAd0dpFQmZlYzk0dz09			609-241-9388	MHANJ Atlantic County
8 Key Dimensions Wellness	12-1pm	https://us02web.zoom.us/j/89855655234?pwd=L3hVRtJmRUVQb3J1Sy8IvndrMjJSQT09	89855655234	945389	929-205-6099	MHANJ Hudson & Union Counties
Virtual Job Club	1-2pm				609-241-9388	MHANJ Atlantic County
Tools for Managing Stress and Anxiety During Covid-19	1-2pm		844092579		9292056099	MHANJ Atlantic County
Virtual WRAP Open Discussion Group	4-5pm	https://zoom.us/j/932776999?pwd=SHJOZWVBUzh2R8ZWcE1mekNxdWtqUT09	932776999	409400	929-205-6099	MHANJ Atlantic County
Problem Solving in Crisis	4-5pm		932 2533 1336		929-205-6099	MHANJ Ocean County
Virtual Grief & Loss Support Group for Those Who Lost a Loved One Through Substance Use	5-6pm	https://zoom.us/j/4775524357?pwd=WGFybTNIVVJTVlhoTHZWSmVuaVhPQT09	477 552 435	302463	929-205-6099	MHANJ Atlantic County
Why the Show Must Go On.. Creativity & Your Mental Health	5-6PM	https://us02web.zoom.us/j/84594634675?pwd=Wi9HdWVBYnBaRXdtanZBZFMxN0VlUT09 MHANJ FB Live	845 9463 4675	959767	16465588656	MHANJ Community Education
Support Group for Families Coping w/Loved Ones Substance Use Disorder	6:30-7:30 pm	https://zoom.us/j/365930824?pwd=dmZMOO1Ibn8mSTB4Wfd4U2ovdE9OUT09&status=success#success	365930824	937891	646-558-8656	MHANJ NJ Connect for Recovery
Virtual Survivors of suicide support group (3rd Monday of the Month)	6:30-7:30	https://us02web.zoom.us/meeting/register/vJwscOGtqTqj44TwE3xsI05g_LQAc9wZCzw	181 785 739	368890	929-205-6099	MHANJ Atlantic County
Virtual Substance Use Support Group for People in Recovery	7-8pm		125 093 848	623616	929-205-6099	MHANJ Ocean County
Anger Management	8-9 p.m.		674455661		929-205-6099	MHANJ Ocean County

Tuesday

Group	Time	Link	Meeting ID	Pass-word	Phone # to Participate	Host
Employment Wellness/Recovery Focused on Employment-related issues and Self-Help Strategies	10-11 a.m.		822 199 568		929-205-6099	MHANJ Ocean County
Friends of DBSA/Union Group	10:00 AM	https://us02web.zoom.us/j/82495309155?pwd=TkFkR1ExeVRWU0VJQGdhNjdhQy9xQT09	824 9530 9155	188166	929-205-6099	MHANJ Hudson & Union Counties
Relaxation Strategies and Techniques for People with Mental Health, Substance Use or Co-Occurring Disorders	12- 1 p.m.		130 429 200		929-205-6099	MHANJ Ocean County
Thankful Tuesdays w/Deacon Laverne Williams & Guest--	2-3 p.m.		424 719 863		646-558-8656	MHANJ Community Education PEWS Program
Virtual NJPN Confab Meeting for Peer Workforce	2-3 p.m.		902 275 465			MHANJ/NJPN
NJ WRAP Facilitators Learning Collaborative Twice per month	3-4:30 .m.	www.consumerconnections.eventbrite.com for specific dates and registration				Consumer Connections
Student Stress Support Group	4:30-5:30 p.m.	https://zoom.us/j/5449451042?pwd=ExiVjQva0FXMFJESGcvVmN1eWNMQT09	544 945 104	888006	929-205-6099	MHANJ Atlantic County
Empowerment Group "What We Didn't Know We Could Do"	5-6 p.m.	https://us02web.zoom.us/j/82992028718?pwd=VDJvZ0ZCdDIxdVJwV0lKTVVtN2crZz09	829 9202 8718	708660		MHANJ Hudson & Union Counties
Support Group to Help Maintain Positive Overall Wellness	7-8 p.m.		913979 032		929-205-6099	MHANJ Ocean County
Women's Self Care and Wellness	7- 8 p.m.		938 6305 6640		929-205-6099	MHANJ Ocean County
Bipolar Support Group	7 -8 p.m.				609-241-9388/ Conference ID: 149330	MHANJ Atlantic County
Boomer Hour 60+ Support Group	6:30 - 8	https://us02web.zoom.us/j/89961748929?pwd=blNhaGt3N0tyQUtjOHlUR2BTbVpBQT09	899 6174 8929	986547		NJ HOPE and Healing
Adult Survivors of Child Abuse	6:30 — 8 p.m	https://us02web.zoom.us/meeting/register/uZwud-6qpj0tNPMxJGSr-VSwPbbCK_YtJw	483 074 867	23942	929-205-6099	MHANJ Atlantic County
Spanish Support Group	7 - 8 p.m.	https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3Nt50kzTHJPWFlIUT09	98529342867	299051		NJ HOPE and Healing
"Teacher Talk"	8 p.m.		242 485 223	555402	929-205-6099	NJ HOPE and Healing

Wednesday

Group	Time	Link	Meeting ID	Pass-word	Phone # to Participate	Host
Gratitude Coffee Talk	9- 10 a.m	https://zoom.us/j/2014642717?pwd=by9lRG95M2ZCUmpENWNhaWhSUi9IZz09	201464271	597944	929-205-6099	MHANJ Atlantic County
Employment Wellness/Recovery	10-11 a.m.		822 199 568		929-205-6099	MHANJ Ocean County
Esperanza Self-help Collaboration Social Distance Conversation		https://us02web.zoom.us/j/88953650470	8895365047 0		929-205-6099	MHANJ Hudson & Union Counties
Pregnant Women Support Groups	10-11 am	https://zoom.us/j/97787035833?pwd=R1dVRjJCSW4wWHJabm9RcnBYVlVPZz09#success	977 8703 5833	842928		NJ HOPE and Healing
Weekly Webinar Series for Peers	10- 1 pm	For offering visit www.consumerconnections.eventbrite.com				Consumer Connections
Recovery Dharma	12-1 pm		916 8215 2965		929-205-6099	MHANJ Ocean County
Spirituality Discussion	12-1:30 pm		540 877 655		929-205-6099	MHANJ Hudson & Union Counties
Too Much Stuff? Support Group (On the 1st & 3rd Wednesdays of the month)	1-2pm				609-241-9388 Conference ID: 149330	MHANJ Atlantic County
Self-Help Open Hours	1 — 3 p.m	https://zoom.us/j/257958001?pwd=T0VnZDUrRESLUDhMMzZNVm2ZenhZdz09	257 958 001	19225	929-205-6099	MHANJ Atlantic County
Spanish Support Group	4:00 PM	https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3Nt50kzTHJPWFlIUT09	98529342867	299051		NJ HOPE and Healing
Got Stress (Related to COVID-19 or Other Issues)?	4:30-5:30	https://zoom.us/j/5227331727?pwd=U0EYTFFQWhaQnNkTStrTUZjaGpoQT09	522 733 172	957462	929-205-6099	MHANJ Atlantic County
Rising Minds (Mental Wellness for Those in their 20s)	6-7 PM	https://zoom.us/j/971713914?pwd=L2d4ZkNraG0xUmhSNjmzVpFa3hTZs09	971733172	503416	929-205-6099	MHANJ Atlantic County
Self-Care- Last Wednesday of the Month	6-7 pm		994 0951 4254			MHANJ Atlantic County
Depression Support Group	6-7 PM				609-241-9388 Conference ID: 149330	MHANJ Atlantic County
Family Recovery	6:30 -7:30 p.m.		635 649 622		929-205-6099	MHANJ Ocean County
"Parenting Through the Pandemic" support and networking group	7- 8 p.m.	https://zoom.us/j/894890678?pwd=SWtsNFVEWmxyM5JibnF2TTVyOTFYUT09	894 890 678	707190		NJ HOPE and Healing
We Got YOU Support Group	7:30-9pm	Pre-registration Required Through Joyce Benz at 973-571-4100, ext. 118				MHANJ UC

Thursday

Group	Time	Link	Meeting ID	Pass-word	Phone # to Participate	Host
Individual Peer Support	9- 12:30 pm	https://us02web.zoom.us/j/95423231187?pwd=cGd5Q0p4bEVJRkh0eDRUTWNEGFwZr09#success	95492329118	65068	929-205-6099	MHANJ Hudson & Union Counties
Family Support Group (Only 2nd Thursdays)	10-12pm		952 751 315	615745	929-205-6099	MHANJ Atlantic County
Employment Wellness/Recovery	10-11 a.m		822 199 568		929-205-6099	MHANJ Ocean County
Depression & Anxiety Support Group (Hammonton)	10:30-11:45 am				609-241-9388 Conference ID: 149330	MHANJ Ocean County
Got Stress? (About COVID-19 or Other Issues)	12-1p.m.	https://zoom.us/j/8693612857?pwd=TUZRSHTQb4vNhluTVRZrHhMd1oydz09	869361 285	193082	929-205-6099	MHANJ Atlantic County
Eating Healthy & Exercise	1PM-2PM	https://us02web.zoom.us/j/88426751387?pwd=DV26Ungvc0VrTWx6RVcUeV2dtZz09#success	884-2675- 5138	209673	929-205-6099	MHANJ Hudson & Union Counties
Prejudging and Social Stigmas	2-3 pm	https://us02web.zoom.us/j/82078618719?pwd=WkJEMFBxS21ecKRnbnVBT1ZQNEVIQT09	820-7861-8719	108708	929-205-6099	MHANJ Hudson & Union Counties
Depression & Anxiety Support Group (Northfield)	3-4:30pm				1-609-241-9388 Conference ID: 149330	MHANJ Ocean County
Reiki/Meditation - 3rd Thursday of the Month	11-12pm		911 9405 6924			MHANJ Ocean County
LGBTQ+Community Drop-IN Groups	4-5 p.m	https://zoom.us/j/94202237219?pwd=Vndvcy8r0dF3MEd1S0hnZmxwVVN2QT09#success	94202237219	82474		NJ HOPE and Healing
Maintaing Healthy Boundaries	4-5 p.m.		981 2256 1300		929-205-6099	MHANJ Ocean County
De-compress and Disconnect	4:30-5:30pm	https://zoom.us/j/96353264239?pwd=M05jcndu53NVZHdjZjk0TUJFWnNwZz09#success	96353264239	806180		NJ HOPE and Healing
Mens Wellness Group (1st and 3rd Thursday of the month)	6-7 p.m.	https://zoom.us/j/87971038031?pwd=RTREcERuRFcST3ITOEtyOTJDdVU1dz09	879 7103 8031	847497		MHANJ Atlantic County
Support Group for Families Coping w/Loved Ones Substance Use Disorder	6:30-7:30 pm	https://zoom.us/j/365930824?pwd=dmZMOO1Ibn8mSTB4Wfd4U2ovdE9OUT09&status=success#success	365930824	937891	646-558-8656	MHANJ NJ Connect for Recovery
Healthcare Workers "Resiliency & Coping " Support and Discussion Group	7-8 p.m.	https://us02web.zoom.us/j/91172236441?pwd=NzhRMGSiUC9uMnJQaEhtVH2uQTlnZz09#success	91172236441	934178		NJ HOPE and Healing
Grief Group Thursday (All Types of Grief)	7-8 p.m.		795 726 385		929-205-6099	MHANJ Ocean County
ON THE MOVE Start 8/27	6pm	To register call 609-652-3800 ext. 308				MHANJ Atlantic County
"Teacher Talk"	8 p.m.		242 485 223	555402	929-205-6099	NJ HOPE and Healing

Friday

Group	Time	Link	Meeting ID	Pass-word	Phone # to Participate	Host
Caregivers & Healthcare Workers Support Group	9-10 a.m.	https://us02web.zoom.us/j/81634228351?pwd=ZXNBVVdxdlNnTkswVXBJeHhi6d3VQdz09#success	816 34228351	171134		NJ HOPE and Healing
Consumer Connections Support Group for Peers in the Workforce	10-11 a.m.		815 426 775			Consumer Connections
Employment Wellness & Recovery (Topics Range from Resumes, to Job Stressors to Unemployment)	10-11 a.m.		822 199 568		929-205- 6099	MHANJ Ocean County
Esperanza Self-Help Collaboration – SPANISH SPEAKING ONLY	10-11:30 am	https://us02web.zoom.us/meeting/register/uJMvc--hpzIu12ShuPd5z7yPfnrlk_mHkA	572 469 994		929-205-6099	MHANJ Hudson & Union Counties
Spanish-Speaking Support Group	11-12 p.m.	https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3Nt50kzTHJPWFlIUT09	98529342867	299051		NJ HOPE and Healing
Dual Recovery is Possible	1-2 p.m.	https://us02web.zoom.us/meeting/register/uJEsdu-tqTwi8o5fW-KGdGZX-ChjpNwYzg	551 165 778	100974	929- 205- 6099	MHANJ Hudson & Union Counties
LGBTQ + Discussion Group	2-3p.m.				609-241-9388 Conference ID: 149330	MHANJ Ocean County
M.O.M.S. (Moms Offering Moms Support)	5-6 p.m.		932 2282 2193		929- 205- 6099	MHANJ Ocean County
Music to My Ears(Discover & Experience How Music Can Soothe the Soul)	7-9 pm	https://us02web.zoom.us/j/6531735780?pwd=VjFQVFREZldxc3h2QmxISTN1Ukxjdz09#success	653 731 530		929- 205- 6099	MHANJ Ocean County
Friday Game Night	7:30-8:30 p.m.	https://us02web.zoom.us/j/5511657787?pwd=VjFQVFREZldxc3h2QmxISTN1Ukxjdz09#success	892 9392 0853	76004	929- 205- 6099	MHANJ Hudson & Union Counties

Saturday

Group	Time	Link	Meeting ID	Pass-word	Phone # to Participate	Host
Staying Active in Isolation	9-10 a.m.		204 663 877		929-205- 6099	MHANJ Ocean County
Just Hangin' Out	12-1 p.m.		685 995 254		929-205- 6099	MHANJ Ocean County
Relaxation Tools & Techniques Meeting	4- 5 p.m.		357 314 888		929-205- 6099	MHANJ Ocean County
Coping with Chaos	7-8 p.m.		549 614 341		929-205- 6099	MHANJ Ocean County

Sunday

Group	Time	Link	Meeting ID	Pass-word	Phone # to Participate	Host
Meditation	11-12 pm		771 665 073		929-205- 6099	MHANJ Ocean County
Creativity Unleashed	2-3 p.m.		933 5544 9291		929-205- 6099	MHANJ Ocean County
My Strong Mind Sunday	6:30-7:30 p.m		947 3722 3445		929-205- 6099	MHANJ Ocean County
All Recovery Sunday	6:30-7:30 p.m		991 231 584		929-205- 6100	MHANJ Ocean County