Virtual Calendar of Free & Public Support Groups,
in response to COVID-19,
by MHANJ New Jersey Hope and Healing
via 📺 Zoom

**Mondays**

Parents of College Students Discussion Group - 7:00pm.
Meeting ID: 869 9749 6142  Password: 981708
https://us02web.zoom.us/j/86997496142?pwd=ZGFnSnJQNTBoZE1qMTFMWWVoyakIyZz09

**Tuesdays**

*Spanish-Speaking Support Group* - 7:00pm. A discutir cómo la pandemia de COVID-19 ha impactado nuestra salud emocional, estrategias para manejar el estrés y la ansiedad, y a promover el bienestar físico y emocional.
Meeting ID: 985 2934 2867  Password: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHbZZURhQ3NtS0kzTHJPPWJlUT09

"Teacher Talk" - 8:00pm.
Meeting ID: 242 485 223  Password: 555402  Call-In: 1.929.205.6099

**Wednesdays**

*Spanish-Speaking Support Group* - 4:00pm.
Meeting ID: 985 2934 2867  Password: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHbZZURhQ3NtS0kzTHJPPWJlUT09

"Parenting Through the Pandemic“ Support and Networking Group - 7:00pm.
Meeting ID: 978 6606 7646  Password: 143566
https://zoom.us/j/97866067646?pwd=L384NyswMS8pOHYwQTNhUkcwVmpadz09

**Thursdays**

LGBTQ+ Community Drop-In Group - 4:00pm.
Meeting ID: 942 0223 7219  Password: 082474
https://zoom.us/j/94202237219?pwd=Yndvcy8rbF3MED180hZmxwVVNJQT09

Support Group for COVID-positive individuals & their loved ones - 5:30pm.
Meeting ID: 943 3622 4788  Password: 116328
https://zoom.us/j/94336224788?pwd=bHAzT2hzHTYveVpjNXdYY1yeTMzdz09

Healthcare Workers “Resiliency & Coping” Support and Discussion Group - 7:00pm.
Meeting ID: 911 7223 6441  Password: 934178
https://zoom.us/j/91172236441?pwd=RznRMGS5iUCluMn-JQaEn9VHzuQTlnZz09

"Teacher Talk" - 8:00pm.
Meeting ID: 242 485 223  Password: 555402  Call-In: 1.929.205.6099

**Fridays**

*Spanish-Speaking Support Group* - 11:00am.
Meeting ID: 985 2934 2867  Password: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHbZZURhQ3NtS0kzTHJPPWJlUT09

This program is brought to you by NJ Hope and Healing- CCP program The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a (FEMA/SAMHSA) grant. For more information visit www.mhanj.org