



These groups are for everyone — You are welcome to join-in! In most cases there is no need for pre-registration. If you have questions, feel free to reach out to the hosts as follows but please allow at least one business day for call-backs: MHANJ Community Education (including General, Mental Health Players, PEWS) 973-571-4100, ext. 143; MHANJ in Atlantic County (AC) 609-652-3800; MHANJ in Hudson and Union Counties (Hudson/UC) 908-810-1001; MHANJ in Ocean County (OC) 732-244-0940; MHANJ Consumer Connections 848-480-0916; NJ Connect for Recovery 855-652-3737; NJ Hope and Healing 609-652-3800.

NJ Hope and Healing in Green		MHANJ in Black		Consumer Connections in Blue		
Monday						
Group	Time	Link	Meeting ID	Pass-word	Phone #	Notes
Virtual Self-Help Open Discussion Hours	10-12 p.m.	<a href="https://zoom.us/j/772457692?pwd=R2NDNDUeduUzh3RDA0d0pFQmZlYzkd0z09">https://zoom.us/j/772457692?pwd=R2NDNDUeduUzh3RDA0d0pFQmZlYzkd0z09</a>	772457692	596706		MHANJ AC Email questions to <a href="mailto:btrendler@mhanj.org">btrendler@mhanj.org</a>
Virtual Employment Wellness and Recovery Group (focused on employment related issues and self help strategies)	10-11 a.m.		822 199 568	156625	929-205-6099	MHANJ OC
Coffee and Conversation	10-11:30 a.m.	<a href="https://us02web.zoom.us/j/84594634675?pwd=Wi9HdWVBYnBaRXdtanZBZFlMxNQVlUT09">https://us02web.zoom.us/j/84594634675?pwd=Wi9HdWVBYnBaRXdtanZBZFlMxNQVlUT09</a>	584654417		929-205-6099	MHANJ Hudson/UC
Support Group for COVID-positive individuals & their loved ones	10- 11 a.m.	<a href="https://zoom.us/j/94336224788?pwd=bHAzT2hzRTYveVpjNXdYl1YeTMzd09">https://zoom.us/j/94336224788?pwd=bHAzT2hzRTYveVpjNXdYl1YeTMzd09</a>	943-36224788	116328		NJ HOPE and Healing
Reiki/Meditation - 2nd Monday of the Month	11-12 p.m.		97347453384			MHANJ OC
College Students Support Group	11:45-12:30 p.m.	<a href="https://zoom.us/j/93289700950?pwd=QlRlR0tGdUJmV3QWl1UkYkVW0Fc0VUNoQT09">https://zoom.us/j/93289700950?pwd=QlRlR0tGdUJmV3QWl1UkYkVW0Fc0VUNoQT09</a>	932 89700950	950537		
Dual Recovery Meeting	12-1 p.m.		95051747851		929-205-6099	MHANJ OC
Virtual Got Stress?	12-1 p.m.	<a href="https://zoom.us/j/772457692?pwd=R2NDNDUeduUzh3RDA0d0pFQmZlYzkd0z09">https://zoom.us/j/772457692?pwd=R2NDNDUeduUzh3RDA0d0pFQmZlYzkd0z09</a>			609-241-9388	MHANJ AC
Topics in Wellness	12-1 p.m.	<a href="https://us02web.zoom.us/j/89855655234?pwd=L3hVRHJnRUUzQ3J1SzlRVndYMiJlSj09">https://us02web.zoom.us/j/89855655234?pwd=L3hVRHJnRUUzQ3J1SzlRVndYMiJlSj09</a>	89855655234	945389		MHANJ HC/UC
Virtual Job Club	1-2 p.m.				609-241-9388	MHANJ AC
Tools for Managing Stress and Anxiety During Covid-19	1-2 p.m.		844092579		9292056099	MHANJ AC
Prejudging and Social Stigmas	2-3 p.m.	<a href="https://us02web.zoom.us/j/89855655234?pwd=L3hVRHJnRUUzQ3J1SzlRVndYMiJlSj09">https://us02web.zoom.us/j/89855655234?pwd=L3hVRHJnRUUzQ3J1SzlRVndYMiJlSj09</a>	820-7861-8719	108708	929-205-6099	MHANJ HC/UC
Everyday WRAP	4-5 p.m.		85203783870		646-558-8656	Consumer Connections
Problem Solving in Crisis	4-5 p.m.		932 2533 1336		929-205-6099	MHANJ OC
Why the Show Must Go On... Creativity & Your Mental Health	5-6 p.m.	<a href="https://us02web.zoom.us/j/84594634675?pwd=Wi9HdWVBYnBaRXdtanZBZFlMxNQVlUT09">https://us02web.zoom.us/j/84594634675?pwd=Wi9HdWVBYnBaRXdtanZBZFlMxNQVlUT09</a>	845 9463 4675	959767	1646558 8656	MHANJ CE
Support Group for Families Coping w/ Loved Ones Substance Use Disorder	6:30-7:30 p.m.	<a href="https://zoom.us/j/365930824?pwd=dmZMODj1bnBmSTB4WFd4Uz0vdE9OUt09&amp;status=success#success">https://zoom.us/j/365930824?pwd=dmZMODj1bnBmSTB4WFd4Uz0vdE9OUt09&amp;status=success#success</a>	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 p.m.	<a href="https://us02web.zoom.us/j/89855655234?pwd=L3hVRHJnRUUzQ3J1SzlRVndYMiJlSj09">https://us02web.zoom.us/j/89855655234?pwd=L3hVRHJnRUUzQ3J1SzlRVndYMiJlSj09</a>	181 785 739	368890	929-205-6099	MHANJ AC
Virtual Substance Use Support Group for People in Recovery	7-8 p.m.		125 093 848	623616	929-205-6099	MHANJ OC
Anger Management	8-9 p.m.		674455661		929-205-6099	MHANJ OC
Tuesday						
Employment Wellness/Recovery Focused on Employment-related issues and Self-Help Strategies	10-11 a.m.		822 199 568		929-205-6099	MHANJ OC
Friends of DBSA/ Union Group	10 a.m.	<a href="https://us02web.zoom.us/j/82495309155?pwd=TkFkR1ExeVRWU0VjOGdhNjdHc0YxQT09">https://us02web.zoom.us/j/82495309155?pwd=TkFkR1ExeVRWU0VjOGdhNjdHc0YxQT09</a>	824 9530 9155	188166	929-205-6099	MHANJ UC & HC
WRAP for Peer Recovery Specialists	10-11 a.m.		89722297938		6465588 8656	Consumer Connections
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 OC
Thankful Tuesdays w/ Deacon Laverne Williams & Guest--	2-3 p.m.		424 719 863		646-558-8656	MHANJ CE PEWS Program
Virtual NJPN Confab Meeting for Peer Workforce	2-3 p.m.		902 275 465			MHANJ/NJPN
NJ WRAP Facilitators Learning Collaborative Open to WRAP Facilitators	3-4:30 a.m.	<a href="http://www.consumerconnections.eventbrite.com">www.consumerconnections.eventbrite.com</a> for specific dates and registration				Consumer Connections
Student Stress Support Group	4:30-5:30 p.m.	<a href="https://zoom.us/j/544945104?pwd=ExiVQva0FXMFJESGcvMn1eWlNMQT09">https://zoom.us/j/544945104?pwd=ExiVQva0FXMFJESGcvMn1eWlNMQT09</a>	544 945 104	888006	929-205-6099	MHANJ AC
Family Night	5-6 p.m.	<a href="https://us02web.zoom.us/j/551165778?pwd=VlFQVFRZldxc3h2Qmx1STNlUkxiZ09">https://us02web.zoom.us/j/551165778?pwd=VlFQVFRZldxc3h2Qmx1STNlUkxiZ09</a>	892 9392 0853	76004	929-205-6099	MHANJ HC/UC
Boomer Hour 60+ Support Group	6:30 - 8 p.m.	<a href="https://us02web.zoom.us/j/89961748929?pwd=bNhaGt3N0tyQJtUOHlURzBTBvPpBQ09">https://us02web.zoom.us/j/89961748929?pwd=bNhaGt3N0tyQJtUOHlURzBTBvPpBQ09</a>	899 6174 8929	986547		MHANJ AC
Support Group to Help Maintain Positive Overall Wellness	7-8 p.m.		913979 032		929-205-6099	MHANJ OC
Women's Self Care and Wellness	7- 8 p.m.		938 6305 6640		929-205-6099	MHANJ OC
Bipolar Support Group	7-8 p.m.				609-241-9388/ Conference ID: 149330	
Adult Survivors of Child Abuse	6:30-8 p.m.	<a href="https://us02web.zoom.us/j/98529342867?pwd=QXdsZHBZURhQ3NlS0kzTHJpWFllUT09">https://us02web.zoom.us/j/98529342867?pwd=QXdsZHBZURhQ3NlS0kzTHJpWFllUT09</a>	483 074 867	23942	929-205-6099	MHANJ AC
Spanish Support Group	7-8 p.m.	<a href="https://zoom.us/j/98529342867?pwd=QXdsZHBZURhQ3NlS0kzTHJpWFllUT09">https://zoom.us/j/98529342867?pwd=QXdsZHBZURhQ3NlS0kzTHJpWFllUT09</a>	98529342867	299051		NJ HOPE and Healing
"Teacher Talk" Open to Teachers	8 p.m.		242 485 223	555402	929-205-6099	NJ HOPE and Healing
Wednesday						
Gratitude Coffee Talk	9- 10 a.m	<a href="https://zoom.us/j/201464271?pwd=by9lRjR5M2ZCUmpENWnhaWnS09lZ09">https://zoom.us/j/201464271?pwd=by9lRjR5M2ZCUmpENWnhaWnS09lZ09</a>	201464271	597944	929-205-6099	MHANJ AC
Employment Wellness/Recovery	10-11 a.m.		822 199 568		929-205-6099	MHANJ OC
Coffee and Conversation	10-11:30 a.m.	<a href="https://us02web.zoom.us/j/84594634675?pwd=Wi9HdWVBYnBaRXdtanZBZFlMxNQVlUT09">https://us02web.zoom.us/j/84594634675?pwd=Wi9HdWVBYnBaRXdtanZBZFlMxNQVlUT09</a>	584-654-417		929-205-6099	MHANJ HC/UC
Weekly Webinar Series for Peers, Open to people as noted, based on each topic	10-1 p.m.	For offering visit <a href="http://www.consumerconnections.eventbrite.com">www.consumerconnections.eventbrite.com</a>				Consumer Connections
Recovery Dharma	12-1 p.m.		916 8215 2965		929-205-6099	MHANJ OC
Spirituality Discussion	12-1:30 p.m.	<a href="https://us02web.zoom.us/j/540877655?pwd=VjZlZ09lUkxiZ09">https://us02web.zoom.us/j/540877655?pwd=VjZlZ09lUkxiZ09</a>	540 877 655		929-205-6099	MHANJ HC/UC
Too Much Stuff? Support Group	1-2 p.m.				609-241-9388/ Conference ID: 149330	MHANJ AC
Self-Help Open Hours	1-3 p.m.	<a href="https://zoom.us/j/257958001?pwd=T0VnZDURRlREUzR2ZlUkxiZ09">https://zoom.us/j/257958001?pwd=T0VnZDURRlREUzR2ZlUkxiZ09</a>	257 958 001	19225	929-205-6099	MHANJ AC
Wellness Tools Wednesday	3-4 p.m.		83663301399			Consumer Connections
Spanish Support Group	4 p.m.	<a href="https://zoom.us/j/98529342867?pwd=QXdsZHBZURhQ3NlS0kzTHJpWFllUT09">https://zoom.us/j/98529342867?pwd=QXdsZHBZURhQ3NlS0kzTHJpWFllUT09</a>	98529342867	299051		NJ HOPE and Healing
Got Stress (Related to COVID-19 or Other Issues)?	4:30-5:30 p.m.	<a href="https://zoom.us/j/522733172?pwd=L0ErTFlrQWVhbnRlR0tGdUJmV3QWl1UkxiZ09">https://zoom.us/j/522733172?pwd=L0ErTFlrQWVhbnRlR0tGdUJmV3QWl1UkxiZ09</a>	522 733 172	957462	929-205-6099	MHANJ AC
Rising Minds (Mental Wellness for Those in their 20s)	6-7 p.m.	<a href="https://zoom.us/j/971713914?pwd=L2d4ZkNraG0xUmh5NjJmZVpFaj09">https://zoom.us/j/971713914?pwd=L2d4ZkNraG0xUmh5NjJmZVpFaj09</a>	971733172	503416	929-205-6099	MHANJ AC
Self-Care	6-7 p.m.		994 0951 4254			MHANJ AC
Depression Support Group	6-7 p.m.				609-241-9388/ Conference ID: 149330	MHANJ AC
Family Recovery	6:30 -7:30 p.m.		635 649 622		929-205-6099	MHANJ OC
"Recovery Through the Pandemic" support and networking group	7- 8 p.m.	<a href="https://zoom.us/j/97866067646?pwd=L284NysvMS5pOHYwQTNhUkxiZ09">https://zoom.us/j/97866067646?pwd=L284NysvMS5pOHYwQTNhUkxiZ09</a>	97866067646	143566		NJ HOPE and Healing
We Got YOU Support Group, Pre-register through <a href="mailto:Jbenz@mhanj.org">Jbenz@mhanj.org</a> , or 973-571-4100, ext. 118	7:30-9 p.m.	Pre-registration Required Through Joyce Benz at 973-571-4100, ext. 118				MHANJ UC
Thursday						
Individual Peer Support	9- 12:30 p.m.	<a href="https://us02web.zoom.us/j/954232118?pwd=cGd5Q0p4bEVJRk0eDRUWNEBGFwZ09">https://us02web.zoom.us/j/954232118?pwd=cGd5Q0p4bEVJRk0eDRUWNEBGFwZ09</a>	95492329118	65068	929-205-6099	MHANJ HC/UC
Family Support Group	10-12 p.m.		952 751 315	615745	929-205-6099	MHANJ AC
Employment Wellness/Recovery	10-11 a.m.		822 199 568		929-205-6099	MHANJ OC
Depression & Anxiety Support Group (Hamonton)	10:30-11:45 a.m.				609-241-9388/ Conference ID: 149330	MHANJ OC
Got Stress? (About COVID-19 or Other Issues)	12-1 p.m.	<a href="https://zoom.us/j/869361285?pwd=UzR5SHITQ0vNlhuUTVlR2ZlUkxiZ09">https://zoom.us/j/869361285?pwd=UzR5SHITQ0vNlhuUTVlR2ZlUkxiZ09</a>	869361 285	193082	929-205-6099	MHANJ AC
Eating Healthy & Exercise	1-2 p.m.	<a href="https://us02web.zoom.us/j/88426755138?pwd=QZQ4QmV0VlRlR0tGdUJmV3QWl1UkxiZ09">https://us02web.zoom.us/j/88426755138?pwd=QZQ4QmV0VlRlR0tGdUJmV3QWl1UkxiZ09</a>	884-2675-5138	209673	929-205-6099	MHANJ HC/UC
WRAP for Work	1-2 p.m.		829-04992743		646-558-8656	Consumer Connections
Depression & Anxiety Support Group (Northfield)	3-4:30 p.m.				1-609-241-9388/ Conference ID: 149330	MHANJ OC
Reiki/Meditation - 3rd	11-12 p.m.		911 9405 6924			MHANJ OC
LGBTQ+ Community Drop-IN Groups	4-5 p.m.	<a href="https://zoom.us/j/94202237219?pwd=Yndvcy8rb0F3MEd1S0h0ZlUkxiZ09">https://zoom.us/j/94202237219?pwd=Yndvcy8rb0F3MEd1S0h0ZlUkxiZ09</a>	94202237219	82474		NJ HOPE and Healing
Maintaining Healthy Boundaries	4-5 p.m.		981 2256 1300		929-205-6099	MHANJ OC
De-compress and Disconnect	4:30-5:30 p.m.	<a href="https://zoom.us/j/96353264239?pwd=MD05jnduS3NVZhdjZj0tUjF0WnNwZz09#success">https://zoom.us/j/96353264239?pwd=MD05jnduS3NVZhdjZj0tUjF0WnNwZz09#success</a>	96353264239	806180		NJ HOPE and Healing
Mens Wellness Group (1st of the Month)	6-7 p.m.	<a href="https://us02web.zoom.us/j/87971038031?pwd=RTREcERuRf5T3lT0ElVOTJ0dVU1dz09">https://us02web.zoom.us/j/87971038031?pwd=RTREcERuRf5T3lT0ElVOTJ0dVU1dz09</a>	879 7103 8031	847497		MHANJ AC
Support Group for Families Coping w/ Loved Ones Substance Use Disorder	6:30-7:30 p.m.	<a href="https://zoom.us/j/365930824?pwd=dmZMODj1bnBmSTB4WFd4Uz0vdE9OUt09&amp;status=success#success">https://zoom.us/j/365930824?pwd=dmZMODj1bnBmSTB4WFd4Uz0vdE9OUt09&amp;status=success#success</a>	365930824	937891	646-558-8656	MHANJ NJ Connect for Recovery
Healthcare Workers "Resiliency & Coping" Support and Discussion Group	7-8 p.m.	<a href="https://zoom.us/j/91172236441?pwd=LzhRMG5lUC9uMnJQeEhtVHZuQTIlnZ09#success">https://zoom.us/j/91172236441?pwd=LzhRMG5lUC9uMnJQeEhtVHZuQTIlnZ09#success</a>	91172236441	934178		NJ HOPE and Healing
Grief Group Thursday (All Types of Grief)	7-8 p.m.		795 726 385		929-205-6099	MHANJ OC
ON THE MOVE	6pm	To register call 609-652-3800 ext. 308				MHANJ AC
"Teacher Talk" for Teachers Only	8 p.m.		242 485 223	555402	929-205-6099	NJ HOPE and Healing
Friday						
Caregivers & Healthcare Workers Support Group	9-10 a.m.	<a href="https://us02web.zoom.us/j/81634228351?pwd=ZXNBNVdxdllNnTksvVXBjEhH6d3VUdz09#success">https://us02web.zoom.us/j/81634228351?pwd=ZXNBNVdxdllNnTksvVXBjEhH6d3VUdz09#success</a>	816 34228351	171134		NJ HOPE and Healing
Consumer Connections Support Group for Peers in the Workforce Open to Working Peers	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 OC
Coffee and Conversation – SPANISH SPEAKING ONLY	11-12 a.m.	<a href="https://us02web.zoom.us/j/84118960397?pwd=RU5zWGVnWEhWS2plWTZmNDhaTUdz09">https://us02web.zoom.us/j/84118960397?pwd=RU5zWGVnWEhWS2plWTZmNDhaTUdz09</a>	841 1896 0391	684424	929-205-6099	MHANJ HC/UC
Personal Wellness	10-11 a.m.	<a href="https://us02web.zoom.us/j/84118960397?pwd=RU5zWGVnWEhWS2plWTZmNDhaTUdz09">https://us02web.zoom.us/j/84118960397?pwd=RU5zWGVnWEhWS2plWTZmNDhaTUdz09</a>	841 1896 0391	684424		MHANJ AC
Spanish-Speaking Support Group	11-12 p.m.	<a href="https://zoom.us/j/98529342867?pwd=QXdsZHBZURhQ3NlS0kzTHJpWFllUT09">https://zoom.us/j/98529342867?pwd=QXdsZHBZURhQ3NlS0kzTHJpWFllUT09</a>	98529342867	299051		NJ HOPE and Healing
WRAP for Work Adults and College Students						Consumer Connections
LGBTQ+ Discussion Group Open to LGBTQ+ Individuals & Allies 18 and Over	2-3p.m.				609-241-9388/ Conference ID: 149330	MHANJ OC
Raices Conectadas - Spanish Speaking Group	4-5 p.m.	<a href="https://us02web.zoom.us/j/84459467312?pwd=eTVUWldasEVUCUjIiWeHRCNMF1aU0Rz09">https://us02web.zoom.us/j/84459467312?pwd=eTVUWldasEVUCUjIiWeHRCNMF1aU0Rz09</a>	844 5946 7312	469719		Community Education
M.O.M.S. (Moms Offering Moms Support)	5-6 p.m.		932 2282 2193		929-205-6099	MHANJ OC
Warriors Welcome Vets Support Group	7-8 p.m.	<a href="https://zoom.us/j/735428527?pwd=UXppYUNsbkZWM3V5NFRReXQyZlRlZ09">https://zoom.us/j/735428527?pwd=UXppYUNsbkZWM3V5NFRReXQyZlRlZ09</a>	735428527	927965	929-205-6099	MHANJ AC
Music to My Ears (Discover & Experience How Music Can Soothe the Soul)	7-9 p.m.		653 731 530		929-205-6099	MHANJ OC
Saturday						
Staying Active in Isolation	9-10 a.m.		204 663 877		929-205-6099	MHANJ OC
Just Hangin' Out	12-1 p.m.		685 995 254		929-205-6099	MHANJ OC
Relaxation Tools & Techniques Meeting	4- 5 p.m.		357 314 888		929-205-6099	MHANJ OC
Coping with Chaos	7-8 p.m.		549 614 341		929-205-6099	MHANJ OC
Sunday						
Meditation	11-12 p.m.		771 665 073		929-205-6099	MHANJ OC
Creativity Unleashed	2-3 p.m.		933 5544 9291		929-205-6099	MHANJ OC
My Strong Mind Sunday	6:30-7:30 p.m.		947 3722 3445		929-205-6099	MHANJ OC
All Recovery Sunday	6:30-7:30 p.m.		991 231 584		929-205-6100	MHANJ OC