



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	Meeting ID	Pass-word	Phone #	Notes
Virtual Self-Help Open Discussion Hours	10-12 p.m.	772457692	596706		MHANJ AC Email questions to btrendler@mhanj.org
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
Support Group for COVID-positive individuals & their loved ones	10- 11 a.m.	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.	932 89700950	950537		
Dual Recovery Meeting	12-1 p.m.	95051747851		929-205-6099	MHANJ OC
Virtual Got Stress?	12-1 p.m.			609-241-9388	MHANJ AC
Topics in Wellness	12-1 p.m.	89855655234	945389	929-205-6099	MHANJ HC/UC
Tools for Managing Stress and Anxiety During Covid-19	1-2 p.m.	844092579		9292056099	MHANJ AC
After Lunch	2-3 p.m.	820-7861-8719	108708	929-205-6099	MHANJ HC/UC
School Nurses Well-Being during a Pandemic	3:30 p.m.	965 2476 8033	860075		NJ HOPE and Healing
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.	845 9463 4675	959767	16465588656	MHANJ CE
Employment Wellness	6 p.m.	477 552 435	302463		MHANJ AC
Support Group for Families Coping w/ Loved Ones Substance Use Disorder	6:30-7:30 p.m.	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.	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					
Women's Wellness last Tuesday of the month	9 a.m.	825 7190 4310	922941		MHANJ AC
Pet Therapy 1st Tuesday of the month	10 a.m.	858 4629 0771	116275		MHANJ AC
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.	824 9530 9155	188166	929-205-6099	MHANJ UC/HC
WRAP for Peer Recovery Specialists	10-11 a.m.	89722297938		64655888656	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 WRAP	2-3 p.m.	902 275 465			MHANJ/NJPN
NJ WRAP Facilitators Learning Collaborative Twice per month	3-4:30 p.m.				Consumer Connections
Student Stress Support Group for College Students	4:30-5:30 p.m.	544 945 104	888006	929-205-6099	MHANJ AC
Family Night	5-6 p.m.	892 9392 0853	76004	929-205-6099	MHANJ HC/UC
Boomer Hour 60+ Support Group	6:30 - 7:30 p.m.	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	483 074 867	23942	929-205-6099	MHANJ AC
Spanish Support Group	7 - 8 p.m.	98529342867	299051		NJ HOPE and Healing
"Teacher Talk" for Teachers	8 p.m.	242 485 223	555402	929-205-6099	NJ HOPE and Healing
Wednesday					
Gratitude Coffee Talk	9- 10 a.m	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.	584-654-417		929-205-6099	MHANJ HC/UC
Weekly Webinar Series for Peers	10- 1 p.m.				Consumer Connections
Mind and Body Group	11 a.m.	511 545 358	640660		MHANJ AC
Recovery Dharma	12-1 p.m.	916 8215 2965		929-205-6099	MHANJ OC
Spirituality Discussion	12-1:30 p.m.	540 877 655		929-205-6099	MHANJ HC/UC
Emotional Wellness During Covid-19	11-12 p.m.	841 1896 0397	684424		MHANJ AC
Too Much Stuff? Support Group (On the 1st & 3rd Wednesdays of the month)	1-2pm			609-241-9388 Conference ID: 149330	MHANJ AC
Self-Help Open Hours	1 — 3 p.m	257 958 001	19225	929-205-6099	MHANJ AC
Wellness Tools Wednesday	3-4 pm	83663301399			Consumer Connections
Spanish Support Group	4:00 PM	98529342867	299051		NJ HOPE and Healing
Got Stress (Related to COVID-19 or Other Issues)?	4:30-5:30	522 733 172	957462	929-205-6099	MHANJ AC
Rising Minds (Mental Wellness for Those in their 20s)	6-7 PM	971733172	503416	929-205-6099	MHANJ AC
Self-Care- Last Wednesday of the Month	6-7 pm	994 0951 4254			MHANJ AC
Depression Support Group	6-7 PM			609-241-9388 Conference ID: 149330	MHANJ AC
Family Recovery	6:30 -7:30 p.m.	635 649 622		929-205-6099	MHANJ OC
"Parenting Through the Pandemic" support and networking group	7- 8 p.m.	97866067646	143566		NJ HOPE and Healing
We Got YOU Support Group	7:30-9pm				MHANJ UC
Thursday					
Individual Peer Support	9- 12:30 pm	95492329118	65068	929-205-6099	MHANJ HC/UC
Employment Wellness/Recovery	10-11 a.m	822 199 568		929-205-6099	MHANJ OC
Family Support Group 2nd and 4th Thursday of the month	10 a.m.	893 8383 3029	830795	929.205.6099	MHANJ AC
Depression & Anxiety Support Group (Hammonton)	10:30-11:45 a.m.			609-241-9388 Conference ID: 149330	MHANJ AC
Got Stress? (About COVID-19 or Other Issues)	12-1 p.m.	869361 285	193082	929-205-6099	MHANJ AC
Eating Healthy & Exercise	1-2 p.m.	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 AC
LGBTQ+Community Drop-IN Groups	4-5 p.m.	94202237219	82474		NJ HOPE and Healing
Maintaing Healthy Boundaries	4-5 p.m.	981 2256 1300		929-205-6099	MHANJ OC
De-compress and Disconnect	4:30-5:30 p.m.	96353264239	806180		NJ HOPE and Healing
Mens Wellness Group (1st and 3rd Thursday of the month)	6-7 p.m.	879 7103 8031	847497		MHANJ AC
Support Group for Families Coping w/ Loved Ones Substance Use Disorder	6:30-7:30 p.m.	365930824	937891	646-558-8656	MHANJ NJ Connect for Recovery
Healthcare Workers "Resiliency & Coping" Support and Discussion Group	7-8 p.m.	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 Start 8/27	6 p.m.				MHANJ AC
"Teacher Talk"	8 p.m.	242 485 223	555402	929-205-6099	NJ HOPE and Healing
Friday					
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
Speaking and Conversation – SPANISH SPEAKING ONLY	11-12 a.m.	572 469 944		929-205-6099	MHANJ HC/UC
Spanish-Speaking Support Group	11-12 p.m.	98529342867	299051		NJ HOPE and Healing
WRAP for Young Adults and College Students	2-3 p.m.	886 6595 5070		646 558 8656	Consumer Connections
LGBTQ + Discussion Group for LGBTQ+ Individuals and Allies 18 and Over	2-3 p.m.			609-241-9388 Conference ID: 149330	MHANJ AC
Raices Conectadas - Spanish Group	4-5 p.m.	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 1st and 3rd Friday of the month	7-8 p.m.	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
Art Wellness Group October 10th and October 24th	2 p.m.	735 428 527	847497		MHANJ AC
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
School Nurses Well-Being during a Pandemic	7 p.m.	965 2476 8033	860075		NJ HOPE and Healing