



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.

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

| NJ Hope and Healing in Green | | Consumer Connections in Blue | | | |
|--|----------------|------------------------------|-----------|--------------------------------------|--|
| Monday | | | | | |
| Group | Time | Meeting ID | Password | Phone # | Notes |
| Virtual Self-Help Open Discussion Hours | 10-12 pm | 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 am | 822 199 568 | 156625 | 929-205-6099 | MHANJ OC |
| College Students Support Group | 11:45-12:30 pm | 932 89700950 | 950537 | | |
| Dual Recovery Meeting | 12-1 pm | 95051747851 | | 929-205-6099 | MHANJ OC |
| Virtual Got Stress? | 12-1 pm | | | 609-241-9388 | MHANJ AC |
| Topics in Wellness | 12-1 pm | 89855655234 | 945389 | 929-205-6099 | MHANJ HC/UC |
| Tools for Managing Stress and Anxiety During Covid-19 | 1-2 pm | 844092579 | | 929-205-6099 | MHANJ AC |
| After Lunch | 2-3 pm | 820-7861-8719 | 108708 | 929-205-6099 | MHANJ HC/UC |
| School Nurses Well-Being during a Pandemic | 3:30 pm | 965 2476 8033 | 860075 | | NJ HOPE and Healing |
| Everyday WRAP | 4-5 pm | 85203783870 | | 646-558-8656 | Consumer Connections |
| Problem Solving in Crisis | 4-5 pm | 932 2533 1336 | | 929-205-6099 | MHANJ OC |
| Why the Show Must Go On.. Creativity & Your Mental Health | 5-6 pm | 845 9463 4675 | 959767 | | MHANJ CE |
| Employment Wellness | 6 pm | 477 552 435 | 302463 | | MHANJ AC |
| Support Group for Families Coping w/Loved Ones Substance Use Disorder | 6:30-7:30 pm | 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 pm | 181 785 739 | 368890 | 929-205-6099 | MHANJ AC |
| Virtual Substance Use Support Group for People in Recovery | 7-8 pm | 125 093 848 | 623616 | 929-205-6099 | MHANJ OC |
| Anger Management | 8-9 pm | 674455661 | | 929-205-6099 | MHANJ OC |
| Tuesday | | | | | |
| Women's Wellness last Tuesday of the month | 9 am | 825 7190 4310 | 922941 | | MHANJ AC |
| Pet Therapy 1st Tuesday of the month | 10 am | 858 4629 0771 | 116275 | | MHANJ AC |
| Employment Wellness/Recovery Focused on Employment-related issues and Self-Help Strategies | 10-11 am | 822 199 568 | | 929-205-6099 | MHANJ OC |
| WRAP for Peer Recovery Specialists | 10-11 am | 89722297938 | | | Consumer Connections |
| Relaxation Strategies and Techniques for People with Mental Health, Substance Use or Co-Occurring Disorders | 12- 1 pm | 130 429 200 | | 929-205-6099 | MHANJ OC |
| Thankful Tuesdays w/Deacon Laverne Williams & Guest-- | 2-3 pm | 424 719 863 | | 646-558-8656 | MHANJ CE PEWS Program |
| Virtual NJPN Confab Meeting for Peer Workforce | 2-3 pm | 902 275 465 | | | MHANJ/NJPN |
| NJ WRAP Facilitators Learning Collaborative 3rd Tuesday of the month | 3-4:30 pm | | | | Consumer Connections |
| Student Stress Support Group | 4:30-5:30 pm | 544 945 104 | 888006 | 929-205-6099 | MHANJ AC |
| Family Night | 5-6 pm | 892 9392 0853 | 76004 | 929-205-6099 | MHANJ HC/UC |
| Boomer Hour 60+ Support Group | 6:30 - 7:30 pm | 899 6174 8929 | 986547 | | MHANJ AC |
| Support Group to Help Maintain Positive Overall Wellness | 7-8 pm | 913979 032 | | 929-205-6099 | MHANJ OC |
| Women's Self Care and Wellness | 7- 8 pm | 938 6305 6640 | | 929-205-6099 | MHANJ OC |
| Bipolar Support Group | 6-7 pm | 868 4421 3504 | 778094 | (929)-205-6099 | MHANJ AC |
| Adult Survivors of Child Abuse | 6:30 — 8 pm | 483 074 867 | 23942 | 929-205-6099 | MHANJ AC |
| Spanish Support Group | 7 - 8 pm | 98529342867 | 299051 | | NJ HOPE and Healing |
| "Teacher Talk" Open to Teachers | 8 pm | 242 485 223 | 555402 | 929-205-6099 | NJ HOPE and Healing |
| Wednesday | | | | | |
| Gratitude Coffee Talk | 9- 10 am | 201464271 | 597944 | 929-205-6099 | MHANJ AC |
| Employment Wellness/Recovery | 10-11 am | 822 199 568 | | 929-205-6099 | MHANJ OC |
| Coffee and Conversation | 10-11:30 am | 584-654-417 | | 929-205-6099 | MHANJ HC/UC |
| Weekly Webinar Series for Peers | 10- 1 pm | | | | Consumer Connections |
| Mind and Body Group | 11 am | 511 545 358 | 640660 | | MHANJ AC |
| Recovery Dharma | 12-1 pm | 916 8215 2965 | | 929-205-6099 | MHANJ OC |
| Spirituality Discussion | 12-1:30 pm | 540 877 655 | | 929-205-6099 | MHANJ HC/UC |
| Emotional Wellness During Covid-19 | 11-12 pm | 841 1896 0397 | 684424 | | MHANJ AC |
| Too Much Stuff? Support Group (On the 1st & 3rd Wednesdays of the month) | 1-2 pm | | | 609-241-9388 Conference ID: 149330 | MHANJ AC |
| Self-Help Open Hours | 1-3 pm | 257 958 001 | 19225 | 929-205-6099 | MHANJ AC |
| Wellness Wednesday "Fresh Air... Fresh Perspective" | 2:30-4 pm | MUST WEAR A MASK | 6ft Apart | | MHANJ OC |
| Wellness Tools Wednesday | 3-4 pm | 83663301399 | | | Consumer Connections |
| Spanish Support Group | 4 pm | 98529342867 | 299051 | | NJ HOPE and Healing |
| Got Stress (Related to COVID-19 or Other Issues)? | 4:30-5:30 pm | 522 733 172 | 957462 | 929-205-6099 | MHANJ AC |
| Rising Minds (Mental Wellness for Those in their 20s) | 6-7 pm | 971713914 | 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 pm | 635 649 622 | | 929-205-6099 | MHANJ OC |
| "Parenting Through the Pandemic" support and networking group | 7- 8 pm | 97866067646 | 143566 | | NJ HOPE and Healing |
| We Got YOU Support Group | 7:30-9 pm | | | | MHANJ UC |
| Thursday | | | | | |
| Individual Peer Support | 9- 12:30 pm | 95492329118 | 65068 | 929-205-6099 | MHANJ HC/UC |
| Employment Wellness/Recovery | 10-11 am | 822 199 568 | | 929-205-6099 | MHANJ OC |
| Family Support Group 2nd and 4th Thursday of the month | 10 am | 893 8383 3029 | 830795 | 929-205-6099 | MHANJ AC |
| Depression & Anxiety Support Group (Hammonton) | 10:30-11:45 am | | | 609-241-9388 Conference ID: 149330 | MHANJ AC |
| Got Stress? (About COVID-19 or Other Issues) | 12-1 pm | 869361 285 | 193082 | 929-205-6099 | MHANJ AC |
| Eating Healthy & Exercise | 1-2 pm | 884-2675-5138 | 209673 | 929-205-6099 | MHANJ HC/UC |
| Wellness Planning for Returning to Work | 1-2 pm | 829-04992743 | | 646-558-8656 | Consumer Connections |
| Depression & Anxiety Support Group (Northfield) | 3-4:30 pm | | | 1-609-241-9388 Conference ID: 149330 | MHANJ AC |
| LGBTQ+Community Drop-IN Groups | 4-5 pm | 85217096289 | 618295 | | NJ HOPE and Healing |
| Maintaining Healthy Boundaries | 4-5 pm | 981 2256 1300 | | 929-205-6099 | MHANJ OC |
| De-compress and Disconnect | 4:30-5:30 pm | 96353264239 | 806180 | | NJ HOPE and Healing |
| Support Group for COVID-positive individuals & their loved ones | 5:30-6:30 pm | 943-36224788 | 116328 | | NJ HOPE and Healing |
| Rising Minds (Mental Wellness for Those in their 20s) | 6-7 pm | 971713914 | 503416 | 929-205-6099 | MHANJ AC |
| Mens Wellness Group (1st and 3rd Thursday of the month) | 6-7 pm | 879 7103 8031 | 847497 | | MHANJ AC |
| LGBTQ & Diversity Group(Meets 2nd and 4th Thursday of the month) | 6 pm | | | | MHANJ AC |
| Support Group for Families Coping w/Loved Ones Substance Use Disorder | 6:30-7:30 pm | 365930824 | 937891 | 646-558-8656 | MHANJ NJ Connect for Recovery |
| Healthcare Workers "Resiliency & Coping" Support and Discussion Group | 7-8 pm | 91172236441 | 934178 | | NJ HOPE and Healing |
| Grief Group Thursday (All Types of Grief) | 7-8 pm | 795 726 385 | | 929-205-6099 | MHANJ OC |
| ON THE MOVE Start 8/27 | 6 pm | | | | MHANJ AC |
| "Teacher Talk" Open to Teachers | 8 pm | 242 485 223 | 555402 | 929-205-6099 | NJ HOPE and Healing |
| Friday | | | | | |
| Consumer Connections Support Group for Peers in the Workforce | 10-11 am | 815 426 775 | | | Consumer Connections |
| Employment Wellness & Recovery (Topics Range from Resumes, to Job Stressors to Unemployment) | 10-11 am | 822 199 568 | | 929-205-6099 | MHANJ OC |
| Coffee and Conversation – SPANISH SPEAKING ONLY | 11-12 am | 572 469 994 | | 929-205-6099 | MHANJ HC/UC |
| Spanish-Speaking Support Group | 11-12 pm | 98529342867 | 299051 | | NJ HOPE and Healing |
| Raices Conectadas - Spanish Speaking Group | 4-5 pm | 844 5946 7312 | 469719 | | Community Education |
| M.O.M.S. (Moms Offering Moms Support) | 5-6 pm | 932 2282 2193 | | 929-205-6099 | MHANJ OC |
| Warriors Welcome Vets Support Group 1st and 3rd Friday of the month | 7-8 pm | 735428527 | 927965 | 929-205-6099 | MHANJ AC |
| Music to My Ears(Discover & Experience How Music Can Soothe the Soul) | 7-9 pm | 653 731 530 | | 929-205-6099 | MHANJ OC |
| Saturday | | | | | |
| Staying Active in Isolation | 9-10 am | 204 663 877 | | 929-205-6099 | MHANJ OC |
| Just Hangin' Out | 12-1 pm | 685 995 254 | | 929-205-6099 | MHANJ OC |
| Relaxation Tools & Techniques Meeting | 4- 5 pm | 357 314 888 | | 929-205-6099 | MHANJ OC |
| Coping with Chaos | 7-8 pm | 549 614 341 | | 929-205-6099 | MHANJ OC |
| Sunday | | | | | |
| Meditation | 11-12 pm | 771 665 073 | | 929-205-6099 | MHANJ OC |
| Creativity Unleashed | 2-3 pm | 933 5544 9291 | | 929-205-6099 | MHANJ OC |
| My Strong Mind Sunday | 6:30-7:30 pm | 947 3722 3445 | | 929-205-6099 | MHANJ OC |
| All Recovery Sunday | 6:30-7:30 pm | 991 231 584 | | 929-205-6100 | MHANJ OC |
| School Nurses Well-Being during a Pandemic | 7 pm | 965 2476 8033 | 860075 | | NJ HOPE and Healing |