# January Calendar

Below is a list of events and groups held in January:

### Women's Wellness
- **12/12, 01/09, 01/30, 02/6, 02/20, 03/09**: Book Club
- **10/17**: Last Friday of the Month
- **2nd and 4th Thursdays of the Month**: Pet Therapy
- **6:00 PM**

### Employment Wellness
- **6/12**: Healthy Mind Check
- **12/12, 01/09, 01/30, 02/6, 02/20, 03/09**: Synergy 
- **10/17**: Last Friday of the Month
- **2nd and 4th Thursdays of the Month**: Pet Therapy
- **6:00 PM**

### Mental Health
- **12/12, 01/09, 01/30, 02/6, 02/20, 03/09**: Anger Management
- **10/17**: Last Friday of the Month
- **2nd and 4th Thursdays of the Month**: Pet Therapy
- **6:00 PM**

### Grief Group
- **12/12, 01/09, 01/30, 02/6, 02/20, 03/09**: Grief Group
- **10/17**: Last Friday of the Month
- **2nd and 4th Thursdays of the Month**: Pet Therapy
- **6:00 PM**

### Other Groups
- **12/12, 01/09, 01/30, 02/6, 02/20, 03/09**: Parenting Groups
- **10/17**: Last Friday of the Month
- **2nd and 4th Thursdays of the Month**: Pet Therapy
- **6:00 PM**

### MHANJ Information
- **MHANJ in Hudson and Union Counties (Hudson/UC) 908 0940**
- **MHANJ Consumer Connections 848 85203783**
- **MHANJ in Ocean County (OC) 732 938 6305**
- **MHANJ in Atlantic County (AC) 929 3722**

### Zoom Links
- **Zoom Link if Available**
- **Meeting/Registration Re-**
- **schedules for specific dates and times**
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**MHANJ Education/Information**: [Website Link]

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