



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 Services, 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.

MHANJ's January 2021 Free Virtual Groups Calendar

Table with columns: Group, Time, Zoom Link if Available, Zoom Meeting ID, Password, Phone # if Available, Host. Includes sections for Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday.