



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.

Monday						
Group	Time	Link	Meeting ID	Password	Phone #	Notes
Employment Wellness/Recovery	10-11 am		822 199 568	156625	929-205-6099	MHANJ OC
Dual Recovery Meeting	12-1 pm		9505174 7851		929-205-6099	MHANJ OC
Topics in Mental Health	12-1 pm	https://us02web.zoom.us/j/89855655234?pwd=L3hVRHJnRUlQb3JlS2RlVndYMQ0T09	8985565 5234	945389		MHANJ HC/UC
Creating Your Career	1-2 pm		9122746 8396			MHANJ OC
Gallery of You: Art Journal Group (Meeting 1st and 3rd Monday) Need to register ahead for us to mail supplies	2-3 pm	https://us02web.zoom.us/j/89855655234?pwd=L3hVRHJnRUlQb3JlS2RlVndYMQ0T09	818 8357 3291	30337	929-205-6099	MHANJ AC
After Lunch	2-3 pm		8207861 8719	108708	929-205-6099	MHANJ HC/UC
Everyday WRAP	4-5 pm		8520378 3870		646-558-8656	Consumer Connections
Got Stress?	4-5:30 pm	https://zoom.us/j/737821046?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	737821046	597088	929-205-6099	MHANJ AC
Why the Show Must Go On...Creativity & Your Mental Health	5-6 pm	https://us02web.zoom.us/j/84594634675?pwd=Wi9HdWVBYnBhRkRtdmZlVndYMQ0T09	845 9463 4675	959767	16465588656	MHANJ CE
GRAND LOVE (Grandparents raising grandchildren due to addictions) 2nd & 4th Monday	6-7 pm	https://zoom.us/j/9399486551	9399486 551			MHANJ OC
Support Group for Families Coping w/ Loved One's Substance Use Disorder	6:30-8:00 pm	https://us02web.zoom.us/j/81006082369?pwd=YndYVlVjQv9DMVl15mhrU2h20Q0T09	810 0608 2369	469924	646-558-8656	MHANJ NJ Connect for Recovery
Survivors of Suicidal Virtual Support Group (3rd Monday of the Month)	6:30-7:30 pm	https://us02web.zoom.us/j/181785739	181 785 739	368890	929-205-6099	MHANJ AC
Dealing with Depression	7-8 pm		989 0902 6160		929 205 6099	MHANJ OC
Mental Wellness	6-7 pm		913 979 032		929 205 6099	MHANJ OC
Tuesday						
Women's Wellness (last Tuesday of the month)	9-10 am	https://us02web.zoom.us/j/82571904310	825 7190 4310	922941	929-205-6099	MHANJ AC
Pet Therapy 1st Tuesday of the month	10 am	https://us02web.zoom.us/j/87828445270?pwd=aUxsSjNlVzVldlQ1cVc1blFVdWFlh4U0T09	878 2844 5270	12722	929-205-6099	MHANJ AC
12 Stepping for Wellness	10 am	https://us02web.zoom.us/j/3105119239?pwd=Vm1FVjU1dTFuZlVndYMQ0T09	310 511 9239	121266	929-205-6099	MHANJ HC/UC
Employment Wellness/Recovery	10-11 am		822 199 568		929-205-6099	MHANJ OC
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
Self-Care with Pets!	12-1 pm	https://us02web.zoom.us/j/85196648467?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	851 9664 8467	Registration Required	1 9292056099	MHANJ UC & HC
The More You Know About...Mental Health	2-3 pm		930 1832 1176		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
Spring Your Health Forward	3-4 pm		956 14826487			MHANJ OC
NJ WRAP Facilitators Learning Collaborative 3rd Tuesday of the month	3-4:30 pm	www.consumerconnections.eventbrite.com for specific dates and registration				Consumer Connections
Employment Wellness (Please register)	11:30-12:30 pm	https://us02web.zoom.us/j/82571904310		Please register	929-205-6099	MHANJ AC
Self-Help Hang-Out	1 pm	https://us02web.zoom.us/j/84126481496?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	841 2648 1496	958411	929-205-6099	MHANJ AC
Student Stress Support Group	4:30-5:30 pm	https://zoom.us/j/544945104?pwd=ExiVlQvOFXMFJESGcVnM1eWNNMQT09	544 945 104	888006	929-205-6099	MHANJ AC
Employment Wellness/Recovery	6-7 pm		822 199 568	156625	929-205-6099	MHANJ OC
Boomer Hour 60+ Support Group	6:30 - 7:30 pm	https://us02web.zoom.us/j/89961748929?pwd=bnNhaGt3N0tYU0T09	899 6174 8929	986547	929-205-6099	MHANJ AC
Men's Wellness & Support	7-8 pm		966 8704 7873		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	https://us02web.zoom.us/j/86844213504?pwd=K1c2WBTBMlY2Z2E5S2RlVndYMQ0T09	868 4421 3504	778094	(929)-205-6099	MHANJ AC
Adult Survivors of Child Abuse	6:30-8 pm	https://us02web.zoom.us/j/483074867?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	483 074 867	23942	929-205-6099	MHANJ AC
Wednesday						
Gratitude Coffee Talk	9- 10 am	https://zoom.us/j/201464271?pwd=by9lR9G95M2ZCUmpENWNaWvH5Uj9lZz09	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		889 5365 0470		929-205-6099	MHANJ HC/UC
Weekly Webinar Series for Peers	10- 1 pm	www.consumerconnections.eventbrite.com				Consumer Connections
Mind and Body Group	11 am-12 pm	https://us02web.zoom.us/j/511545358?pwd=cDRkM1RlVndYMQ0T09	511 545 358	640660		MHANJ AC
Self Care (last Wednesday of Month)	11:30 am-12:30 pm		966 36801574			MHANJ OC
Recovery Dharma	12-1 pm		916 8215 2965		929-205-6099	MHANJ OC
Spirituality Discussion	12-1:30 pm	https://us02web.zoom.us/j/540877655?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	540 877 655		929-205-6099	MHANJ HC/UC
Too Much Stuff? Support Group (On the 1st & 3rd Wednesdays of the month)	1-2 pm	https://us02web.zoom.us/j/87504628619?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	875046286 19	821670	929-205-6099	MHANJ AC
Welcome to MHA Ocean	2-3 pm		925 7480 3624			MHANJ OC
Wellness Tools Wednesday	3-4 pm		83663301 399			Consumer Connections
Let's Talk	4:30-5:30 pm	https://us02web.zoom.us/j/84722587740?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	847 2258 7740	230403	929-205-6099	MHANJ AC
Substance Use Support Group for People in Recovery	6:30-7:30 pm		125 093 848	623616	929-205-6099	MHANJ OC
M.O.M.S. (Moms Offering Moms Support)	8- 9 pm		932 2282 2193		929-205- 6099	MHANJ OC
Depression Support Group (Linwood)	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
Mental Wellness	6:30- 7:30 pm		913 979 032		929 205 6099	MHANJ OC
Anger Management	5:30-6:30 pm		674455661		929-205-6099	MHANJ OC
We Got YOU Support Group (Union County only)	7:30-9 pm	Pre-registration Required Through Joyce Benz at 973-571-4100, ext. 118				MHANJ UC
Support Group for Siblings of Adults with Serious & Persistent Mental Health Concerns (2nd Wednesday of the month)	7:30-9 pm	Pre-registration Required Through Joyce Benz at 973-571-4100, ext. 118				MHANJ
Thursday						
Individual Peer Support	9- 12:30 pm	https://us02web.zoom.us/j/954232118?pwd=cGd5O0p4BEVlRkRkOeDRUTWNEbGFwZz09	954923291 18	065068	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	10-12 pm	https://us02web.zoom.us/j/89383833029?pwd=ZHBtZkx3WmJlVndYMQ0T09	893 8383 3029	830795	929.205.6099	MHANJ AC
Depression & Anxiety Support Group (Hampton)	10:30-11:45 am	https://us02web.zoom.us/j/85426220982?pwd=aF04aF0N0RhsjRGN1FQRVc5eVldz09	854 26220982	973280	929.205.6099	MHANJ AC
Staying Active in Isolation	11-12 pm		204663877		929-205-6099	MHANJ OC
Eating Healthy & Exercise	1-2 pm	https://us02web.zoom.us/j/8842675138?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	8842675 5138	209673	929-205-6099	MHANJ HC/UC
March Lunch and Learn	1-2 pm		9854058 0675			MHANJ OC
Faith-Based WRAP	2-3 pm		841713399 18			MHANJ
Depression & Anxiety Support Group (Northfield)	3-4:30 pm		932 2533 1336		1-609-241-9388 Conference ID: 149330	MHANJ AC
Problem Solving in Crisis	4-5 pm		980653010 56		9292056099	MHANJ OC
MAT Support Group	6-7 pm	https://zoom.us/j/971713914?pwd=L2d4ZkRkRkOeDRUTWNEbGFwZz09	971713914	503416	929-205-6099	MHANJ AC
Rising Minds (Mental Wellness for Those in their 20s)	6-7 pm	https://us02web.zoom.us/j/87971038031?pwd=RTREcERuRfVlU1dz09	879 7103 8031	847497		MHANJ AC
LGBTQ & Discussion Group (Meets 2nd and 4th Thursday of the month)	6 pm	https://us02web.zoom.us/j/87316681338?pwd=aBzSjE1R3K0K0hTS0VnXNlVndYMQ0T09				MHANJ AC
Employment Wellness/Recovery	6-7 pm		822 199 568	156625	929-205-6099	MHANJ OC
Support Group for Families Coping w/ Loved Ones Substance Use Disorder	6:30-8 pm	https://us02web.zoom.us/j/81006082369?pwd=YndYVlVjQv9DMVl15mhrU2h20Q0T09	810 0608 2369	469924	646-558-8656	MHANJ NJ Connect for Recovery
Spanish Speaking Family Support Group (2nd Thursday of the Month- March 11th)	7-8 pm	https://us02web.zoom.us/j/82282394252?pwd=emd3eTN5NlQ0N1BxSHJFbnllbXRhZz09	822 8239 4252	689223		MHANJ AC
Grief Work Thursday (All Types of Grief)	7-8 pm		795 326 785		929-205-6099	MHANJ OC
Friday						
Consumer Connections Support Group for Peers in the Workforce	10-11 am		815 426 775			Consumer Connections
Employment Wellness/Recovery	10-11 am		822 199 568		929-205- 6099	MHANJ OC
Coffee and Conversation – SPANISH SPEAKING ONLY	11-12 am	https://us02web.zoom.us/j/572469994?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	572 469 994	924	929-205- 6099	MHANJ HC/UC
Whole Wellness	11:30-12:30 pm		16472957			MHANJ OC
Beauty Beyond Measure (Eating disorder peer support)	4-5 pm		980512798 72			MHANJ OC
Lunch & Discuss (Watch a TedTalk together & discuss)	12-1pm	https://zoom.us/j/236989519?pwd=TGllcnRlVndYMQ0T09	236 989 519	895594	929)-205-6099	MHANJ AC
Job Searching 101	1-2 pm		937 3874 5268			MHANJ OC
Healthy Mind Check -In	2-3 pm	https://us02web.zoom.us/j/85055498045?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	850 55498045	662571	929-205-699	MHANJ AC
Weekend Ready!	4-5 pm		995 83333995			MHANJ OC
Raices Conectadas - Spanish Group	4-5 pm	https://us02web.zoom.us/j/84459467312?pwd=eTVUWlVndYMQ0T09	844 5946 7312	469719		Community Education
Warriors Welcome Vets Support Group 1st and 3rd Friday of the month	7-8 pm	https://zoom.us/j/735428527?pwd=UXppYUN5bkZlVndYMQ0T09	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						
Employment Wellness/Recovery	10-11 am		822 199 568		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
Serenity on Sunday	10-11 am		9362500 4080			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
Meditation	7:15-8 pm	https://us02web.zoom.us/j/84936657008?pwd=U3p4anI5K0NlYmVxOzVlbnRlVndYMQ0T09	849 3665 7008	184661	929-20506099	MHANJ AC