



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 (ACC) 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.

Mondays

Table with 7 columns: Group, Time, Link, Meeting ID, Password, Phone #, Notes. Rows include Employment Wellness/Recovery, Dual Recovery Meeting, Topics in Mental Health, Creating Your Career, Gallery of You: Art Journal Group, After Lunch, Got Stress?, Why the Show Must Go On..., GRAND LOVE, Support Group for Families Coping w/Loved Ones Substance Use Disorder, Virtual Survivors of Suicide Support Group, Dealing with Depression, Mental Wellness, Serenity for the Week Ahead.

Tuesdays

Table with 7 columns: Group, Time, Link, Meeting ID, Password, Phone #, Notes. Rows include Pet Therapy, 12 Stepping for Wellness, Employment Wellness/Recovery, Employment Wellness, Relaxation Strategies and Techniques for People with Mental Health, Substance Use or Co-Occurring Disorders, Self-Care with Pets!, The More You Know About...Mental Health, Thankful Tuesdays w/Deacon Laverne Williams & Guest--, Virtual NJPN Confab Meeting for Peer Workforce, Tuesday's Topic, NJ WRAP Facilitators Learning Collaborative, Self-Help Coping Skills Group, Employment Wellness/Recovery, Men's Wellness & Support, Women's Self Care and Wellness, Bipolar Support Group, Adult Survivors of Child Abuse, Relationship in Recovery.

Wednesdays

Table with 7 columns: Group, Time, Link, Meeting ID, Password, Phone #, Notes. Rows include Gratitude Coffee Talk, Employment Wellness/Recovery, Coffee and Conversation, Weekly Webinar Series for Peers, Mind and Body Group, Self Care (last Wednesday of Month), Recovery Dharma, Spirituality Discussion, Too Much Stuff? Support Group, Welcome to MHA Ocean, Wellness Tools Wednesday, Let's Talk, Substance Use Support Group for People in Recovery, Depression Support Group (linwood), Family Recovery, Mental Wellness, Anger Management, We Got YOU Support Group, Support Group for Siblings of Adults with Serious & Persistent Mental Health Concerns.

Thursdays

Table with 7 columns: Group, Time, Link, Meeting ID, Password, Phone #, Notes. Rows include Individual Peer Support, Employment Wellness/Recovery, Family Support Group, Depression & Anxiety Support Group, Staying Active in Isolation, M.O.M.S. (Moms Offering Moms Support), Eating Healthy & Exercise, March Lunch and Learn, Faith-Based Wellness Group, Depression & Anxiety Support Group (Northfield), Peer to Peer, Problem Solving in Crisis, Quote Me Happy, Women of Color Discussion Group, MAT Support Group, Rising Minds, Mens Wellness Group, Employment Wellness/Recovery, Support Group for Families Coping w/Loved Ones Substance Use Disorder, Spanish Speaking Family Support Group, Family Support Group, Grief Group Thursday.

Fridays

Table with 7 columns: Group, Time, Link, Meeting ID, Password, Phone #, Notes. Rows include Weekend Ready!, Consumer Connections Support Group for Peers in the Workforce, Employment Wellness/Recovery, Coffee and Conversation - SPANISH SPEAKING ONLY, Whole Wellness, Job Searching 101, Healthy Mind Check -In, Raices Conectadas - Spanish Group, Beauty Beyond Measure (eating disorder peer support), Warriors Welcome Vets Support Group, Music to My Ears, Meditation.

Saturdays

Table with 7 columns: Group, Time, Link, Meeting ID, Password, Phone #, Notes. Rows include Book Club, Employment Wellness/Recovery, Just Hangin' Out, Relaxation Tools & Techniques Meeting, Coping with Chaos.

Sundays

Table with 7 columns: Group, Time, Link, Meeting ID, Password, Phone #, Notes. Rows include Meditation, Creativity Unleashed, My Strong Mind Sunday, All Recovery Sunday, Meditation.