

# Virtual Calendar of Free & Public Support Groups, in response to COVID-19, by MHANJ New Jersey Hope and Healing August 2021

via  zoom

## Mondays

“What now?” Coping Strategies for this phase of the pandemic - 7:00pm.

Meeting ID: 869 9749 6142 Passcode: 981708

<https://us02web.zoom.us/j/86997496142?pwd=ZGFmSnJQNTBoZE1qMTFMWVoyaklyZz09>

## Tuesdays

Hanging On to Healthy Habits - 4:00pm.

Meeting ID: 864 1161 3890 Passcode: 004349

<https://us06web.zoom.us/j/86411613890?pwd=YWZWTzR5VVZ5SEtoS211WHdNUVlldz09>

Spanish-Speaking Support Group - 7:00pm.

Meeting ID: 985 2934 2867 Passcode: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>

## Wednesdays

Spanish-Speaking Support Group - 7:00pm.

Meeting ID: 985 2934 2867 Passcode: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>

Parents Support & Discussion Group - 7:00pm.

Meeting ID: 852 3222 2414 Passcode: Parents

<https://us02web.zoom.us/j/85232222414?pwd=NUVxUHlkUkFmOHNmRFZwcjBWU1ZTZz09>

## Thursdays

Support Group for COVID-positive individuals & their loved ones - 6:00pm.

Meeting ID: 865 0178 8077 Passcode: 315414

<https://us02web.zoom.us/j/86501788077?pwd=cTJYemtVcEJGbkdKOFk5TzVvMGNkQT09>

Loss & Grief Support Group/Book Club: *Option B* by Sheryl Sandberg - 7:00pm.

Meeting ID: 899 6297 0342 Passcode: 735688

<https://us02web.zoom.us/j/89962970342?pwd=eXAzWUplBUmRVQXZ4RVg0NjFOWElpZz09>

## Fridays

Spanish-Speaking Support Group - 11:00am.

Meeting ID: 985 2934 2867 Passcode: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>

Strategies for Mindfulness Practice - 12:00pm.

Meeting ID: 939 5831 8783 Passcode: 138625

<https://zoom.us/j/93958318783?pwd=WDR6QjQ4WVJYTctWcHJiUEpMcW5GZz09>

College Students Support Group - 5:00pm.

Meeting ID: 983 4490 8458 Passcode: 209772

<https://zoom.us/j/98344908458?pwd=U3FHUFYxSlpnb0g5UVJWNUFaa3NhQT09>

## Sundays

School Nurses Support & Discussion Group - 7:00pm.

Meeting ID: 965 2476 8033 Passcode: 860075

<https://zoom.us/j/96524768033?pwd=UUR0RIZNRGdwbzY2QktlZmRWWnU5dz09>