



UNITED BY WELLNESS

A VIRTUAL WELLNESS CENTER

The Mental Health Association in New Jersey is excited to announce the launch of United by Wellness: A Virtual Wellness Center beginning July 7th.

United By Wellness (UBW) is a virtual wellness center where peers offer hope and skills for recovery to people living with mental health and/or substance use disorder(s). This is accomplished by providing no-cost support, education and advocacy in a safe, and diverse community. Together, we will embrace the uniqueness of our members and their chosen paths toward recovery.



TO BECOME A MEMBER GO TO: WWW.SURVEYMONKEY.COM/R/8VXP2K8

Within the umbrella of the UBW community, you will be able to explore sub-communities for engagement depending on your interests or needs. Please note the color coded bells, which will help you identify the different sub-communities in our program materials.



Substance Use & Co-Occurring Community



Coping Skills Community



Employment Community



Mental Wellbeing Community



UBW WILL BUILD ON THE VIRTUAL SERVICES OFFERED BY ALL THREE OF OUR WELLNESS CENTERS (ESPERANZA, JOURNEY TO WELLNESS & INDIVIDUALS CONCERTED IN EFFORT). THERE WILL ALSO BE NEW GROUPS AND A VIRTUAL SUPPORT COMPONENT. UBW MEMBERSHIP WILL PROVIDE FREE ACCESS TO OVER 45 GROUPS PER WEEK, OFFERED SEVEN DAYS A WEEK VIA ZOOM- VIDEO AND TELEPHONE.



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800