**MONDAY:**
Before Stage 4 During Summer Months 10-11 am
Employment Wellness 1-2 pm
Grief & COVID *(7/19) 1-2 pm
Emotional Wellness and Spirituality *(7/19) 12-1pm
WINGS (Grief In Recovery) 2-3 pm
Peer Recovery Warmline Group 6-7 pm
Monday Music for a Good Mood 6:30-8:30 pm

**TUESDAY:**
Employment While Managing Recovery *(7/13) 11am - 12 pm
Peer Support Career Info *(9/14) 11 am - 12:30 pm
Self-Care With Pets 12-1 pm
Relaxation Tool In Recovery 2-3 pm
WRAP Virtual Seminar 1 2-3 pm
Mental Wellness 3-4 pm
Welcome to MHA (1st Tues.) 3-4 pm
Coping Skills Support Group 4-5 pm
Living the Well Life 6-7 pm

**WEDNESDAY:**
Boundaries *(8/18) 10-11 am
Family Engagement and Peer Support *(9/15) 10-11 am
Virtual Job Interviews *(7/28) 11 am - 12:30 pm
Grupo De Bienestar Emocional *(7/28, 8/25, 9/29) 12-1 pm
Healthy Habits 12-1 pm
Too Much Stuff *(1st & 3rd ONLY) 1-2 pm
Get Your Move On *(1st & 3rd ONLY) 2:30-3:30 pm
Employment Wellness Group 3-4 pm
SMART Tools Breaking Free 4-5 pm
Anxiety & Depression Support Group 5-6 pm

**THURSDAY:**
Seeking Employment/Social Media *(7/8) 10-11:30 am
What’s Up With Mental Health *(8/5, 9/2) 1-2 pm
Dual Recovery (Co-Occurring) 2-3 pm
Overeating 4-5 pm
LGBTQ+ Social Support Group (1st & 3rd Thurs.)6-7 pm
Movie Group 6-8 pm

**FRIDAY:**
Peer Support Career Info *(7/9) 11 am - 12:30 pm
COVID’s Impact/Young Adult’s Mental Health *(7/3) 12-1 pm
History of Mental Health *(8/20) 12-1 pm
Community Education Workshop (3rd Friday)12-1 pm
Family Recovery 4-5 pm

**SATURDAY:**
Monthly Creative Arts Group (2nd Sat.) 1-2 pm
Monthly Totally Trivia Group (3rd Sat.) 12-1 pm
Anxiety & Depression Support Group 2-3 pm
Humanistic Recovery Group 6-7:30 pm

**SUNDAY:**
Sunday Recovery 10-11 am
Shades of Wellness *(7/11) 1-2:30 pm
Got Stress? 4-5 pm
Meditation 7:15-8 pm

Bells indicate recommended groups for each sub-community. You are not required to join a sub-community. Members that are a part of a sub-community are still welcome to join other groups that are related to them.
- Substance Use & Co-Occurring Community
- Coping Skills Community
- Employment Community
- Mental Wellbeing Community

**TO BECOME A MEMBER GO TO:** [www.surveymonkey.com/r/8VXP2K8](http://www.surveymonkey.com/r/8VXP2K8)

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**UNITED BY WELLNESS**
**A VIRTUAL WELLNESS CENTER**

**UNITED BY WELLNESS @ MHA NJ.ORG**
**609-652-3800**

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