

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

Mondays



College Students Support Group - 5:00pm.

Meeting ID: 983 4490 8458 Passcode: 209772

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

"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=ZGFnSnJQNTBoZE1qMTFMWVoyaklyZz09>

Tuesdays

Hanging On to Healthy Habits - 4:00pm.

Meeting ID: 864 1161 3890 Passcode: 004349

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

Pregnant Moms Support Group - 6:30pm.

Meeting ID: 976 8774 4339 Passcode: 200411

<https://zoom.us/j/97687744339?pwd=aVYwU0FPOGRIZ1NsYTM3bWY4dDhCUT09>

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=eXAzWUpBUmRVQXZ4RVg0NjFOWElpZz09>

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>

Sundays

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

Meeting ID: 965 2476 8033 Passcode: 860075

<https://zoom.us/j/96524768033?pwd=UUR0RIZNRGdwYzY2QktlZmRWWnU5dz09>

This program is brought to you by NJ Hope and Healing- CCP program The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a (FEMA/SAMHSA) grant. For more information visit www.mhanj.org