



OCTOBER 2021

SERVING FAMILIES OF COLOR IMPACTED BY COVID-19

MON-THU

Weekdays M-Th @ 12-12:10 pm - "Press Pause" Self-Care & Wellness Techniques in 10 Minutes

Zoom Meeting ID: 982 3576 0128

Passcode: 524704

<https://zoom.us/j/98235760128?pwd=M25ueTdBZVA3RkFYbFJobldKRzZkdz09>

TUESDAYS

Weekly @ 2:00pm - Thankful Tuesdays with Deacon Laverne S. Williams

Zoom Meeting ID: 424 719 863

Passcode: 469922

<https://zoom.us/j/424719863?pwd=SjRXUXRYZIZNZHJVc3ZHbHlIM1oxQT09>

Weekly @ 7:00pm - Women of Color Support Group

Zoom Meeting ID: 874 1068 2918

Passcode: 000624

<https://us02web.zoom.us/j/87410682918?pwd=QXpoSXYzRG9Ualh0MXJzUFd0MHZlZz09>

WEDNESDAYS

Weekly @ 3:30pm - Coping with Culture Discussion Group

Zoom Meeting ID: 819 9661 5019

Passcode: 389434

<https://us02web.zoom.us/j/81996615019?pwd=L1ZJaWhyS0tiaDBjcVd2MW4vQVgrQT09>

THURSDAYS

10/21 @ 5:30pm - "Healing in Conversations"

Zoom Meeting ID: 873 1891 8246

Passcode: 643211

<https://us02web.zoom.us/j/87318918246?pwd=RnRFYm1aQzk5ajVlaGZUHI2UnpGQT09>

Weekly @ 11:00am - Spanish-Speaking Support Group

Zoom Meeting ID: 985 2934 2867

Passcode: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFllUT09>

FRIDAYS

10/8 @ 1:00pm - Men's Health & Wellness Group

Zoom Meeting ID: 893 8115 9546

Passcode: 387490

<https://us02web.zoom.us/j/89381159546?pwd=Y3lMM0pBdzRQRWpqQnRHVktwZUF6Zz09>

SUNDAYS

Weekly @ 6:00pm - Muslim Mental Health Support & Discussion Group

Zoom Meeting ID: 842 3899 4439

Passcode: 879442

<https://us02web.zoom.us/j/84238994439?pwd=Y0hMeXlnY1JpV0ZlN0FIVEFRROjJ2QT09>

FOR MORE INFORMATION ABOUT THESE PROGRAMS. PLEASE CONTACT FAMILIESOFCOLOR@MHANJ.ORG