

MHA Ocean VIRTUAL SUPPORT GROUPS

JOIN MEETINGS BY ENTERING THE MEETING ID ON ZOOM.US OR CALLING THE DIAL IN NUMBER BELOW

****Dial In Number for All Meetings 1 (929) 205-6099****



OCTOBER, 2021



MONDAY

Employment Wellness	10:00 AM - 11:00 AM	822 199 568
Dual Recovery	12:00 PM - 1:00 PM	950 5174 7851
Creating Your Career	1:00 PM - 2:00 PM	912 2746 8396
WINGS (Greif & Loss)	2:00 PM - 3:00 PM	992 5698 9029
Mental Wellness	5:00 PM - 6:00 PM	913 979 032

WEDNESDAY

Morning Motivation	8:00 AM - 9:00 AM	924 6761 7005
Employment Wellness	10:00 AM - 11:00 AM	822 199 568
Recovery Dharma	11:00 AM - 12:00 PM	916 8215 2965
Wellness Tools Wednesday	3:00 PM - 4:00 PM	836 6330 1399
Anger Management	4:00 PM - 5:30 PM	674 455 661
Self Care (last Wednesday)	6:00 PM - 7:00 PM	966 3680 1574
Family Recovery	6:30 PM - 7:30 PM	635 649 622
Dealing with Depression	7:00 PM - 8:00 PM	989 0902 6160

FRIDAY

Employment Wellness	10:00 AM - 11:00 AM	822 199 568
Job Searching 101	1:00 PM - 2:00 PM	937 3874 5268
Healing Connections	4:30 PM - 5:30 PM	980 5127 9872
Music to My Ears	7:00 PM - 10:00 PM	653 731 530

SUNDAY

Meditation	11:00 AM - 12:00 PM	771 665 073
Creativity Unleashed	2:00 PM - 3:00 PM	933 5544 9291
All Recovery Sunday	6:30 PM - 7:30 PM	991 231 584
My Strong Mind	6:30 PM - 7:30 PM	947 3722 3445

TUESDAY

Employment Wellness	10:00 AM - 11:00 AM	822 199 568
Relaxation	12:00 PM - 1:00 PM	130 429 200
Tuesday's Topics	3:00 PM - 4:00 PM	956 1482 6487
Peers Helping Peers	3:30 PM - 4:30 PM	959 2651 7501
Employment Wellness	6:00 PM - 7:00 PM	822 199 568
Women's Wellness & Self Care	7:00 PM - 8:00 PM	938 6305 6640
Men's Wellness & Support	7:00 PM - 8:00 PM	966 8704 7873
Relationships & Recovery	8:00 PM - 9:00 PM	977 1198 7905

THURSDAY

Thursday Mornings with MHA	8:00 AM - 9:00 AM	979 3919 9311
Employment Wellness	10:00 AM - 11:00 AM	822 199 568
Staying Active in Isolation	11:00 AM - 12:00 PM	204 663 877
MOMS: Moms Offering Moms Support	12:00 PM - 1:00 PM	932 2282 2193
Peers Helping Peers	3:30 PM - 4:30 PM	959 2651 7501
Employment Wellness	6:00 PM - 7:00 PM	822 199 568
MAT Support Group	6:00 PM - 7:00 PM	980 6530 1056
Grief Group	7:00 PM - 8:00 PM	795 726 385

SATURDAY

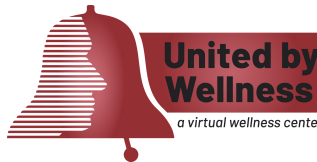
Employment Wellness	10:00 AM - 11:00 AM	822 199 568
Just Hangin' Out	12:00 PM - 1:00 PM	685 995 254
Relaxation Tools & Techniques	4:00 PM - 5:00 PM	357 314 888
Coping with Chaos	7:00 PM - 8:00 PM	549 614 341

happy HALLOWEEN

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MLEOTIS@MHANJ.ORG

RECOVERY PEER OUTREACH SUPPORT TEAM (RPOST)
PEER OUTREACH SUPPORT TEAM (POST)
RECOVERY FAMILY SUPPORT SERVICES (RFSS)
TEXT FOR RECOVERY (T4R)
MPRICE@MHANJ.ORG

YOUTH PEER OUTREACH SUPPORT TEAM (YPOST)
TOOLS FOR SUCCESS (TFS)
SEARCHING FOR SUCCESS (S4S)
AJOHNSON@MHANJ.ORG

PATHWAYS TO SUCCESS (P2S)
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732-244-0948

Text Recovery
to 51684
For Support
Ocean County Residents 18yrs+

The Peer Recovery
WarmLine
1-877-292-5588

NJ CONNECT
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A free, confidential call line