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

**Sundays**

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

**Mondays**

College Students Support Group - 5:00pm.

What Now? Pandemic Support Group - 7:00pm.

**Tuesdays**

Hanging On to Healthy Habits - 4:00pm.

Pregnant &/or New Moms Support Group - 6:30pm.

Grupo de Apoyo en Español - 7:00pm.

**Wednesdays**

Grupo de Apoyo en Español - 7:00pm.

Parents Support & Discussion Group - 7:00pm.

**Thursdays**

Support Group for COVID-positive individuals & their loved ones - 6:00pm.

Grieving Through the Holiday Season - 7:00pm. Meets: 12/2, 12/9, & 12/16

**Fridays**

Grupo de Apoyo en Español - 11:00am.

Strategies for Mindfulness Practice - 12:00pm.

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](http://www.mhanj.org)