

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

DECEMBER 2021



## Sundays

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

Meeting ID: 965 2476 8033 Passcode: 860075 Link: <https://bit.ly/SchoolNursesNJ>

## Mondays

College Students Support Group - 5:00pm.

Meeting ID: 983 4490 8458 Passcode: 209772 Link: <https://bit.ly/CollegeStudentsNJ>

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

Meeting ID: 869 9749 6142 Passcode: 981708 Link: <https://bit.ly/WhatNowNJ>

## Tuesdays

Hanging On to Healthy Habits - 4:00pm.

Meeting ID: 864 1161 3890 Passcode: 004349 Link: <https://bit.ly/HealthyHabitsNJ>

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

Meeting ID: 976 8774 4339 Passcode: 200411 Link: <https://bit.ly/NewMomsNJ>

Grupo de Apoyo en Español - 7:00pm.

Meeting ID: 985 2934 2867 Passcode: 299051 Link: <https://bit.ly/BienestarNJ>

## Wednesdays

Grupo de Apoyo en Español - 7:00pm.

Meeting ID: 985 2934 2867 Passcode: 299051 Link: <https://bit.ly/BienestarNJ>

Parents Support & Discussion Group - 7:00pm.

Meeting ID: 852 3222 2414 Passcode: Parents Link: <https://bit.ly/ParentsGroupNJ>

## Thursdays

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

Meeting ID: 865 0178 8077 Passcode: 315414 Link: <https://bit.ly/CovidPositiveNJ>

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

Meeting ID: 899 6297 0342 Passcode: 735688 Link: <https://bit.ly/HolidayHealingNJ>

## Fridays

Grupo de Apoyo en Español - 11:00am.

Meeting ID: 985 2934 2867 Passcode: 299051 Link: <https://bit.ly/BienestarNJ>

Strategies for Mindfulness Practice - 12:00pm.

Meeting ID: 939 5831 8783 Passcode: 138625 Link: <https://bit.ly/MindfulnessNJ>

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)

