

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

November 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>

Nonviolent Communication Workshop - 1:00pm. Meets: 11/10 only

Meeting ID: 810 6928 4471 Passcode: 321465 Link: <https://bit.ly/njNVC>

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: 11/18, 12/2, 12/9, & 12/16

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

"Friendsgiving" Support & Fun Community Group - 11:00am on 11/25 Meeting ID:

857 8834 9124 Passcode: 580543 Link: <https://bit.ly/NJFriendsgiving2021>

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>