

# *December 2021 Programs*

## **SERVING FAMILIES OF COLOR IMPACTED BY COVID-19**

### **SUNDAYS**

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

Zoom Meeting ID: 842 3899 4439 Passcode: 879442

<https://bit.ly/MuslimGroupNJ>

### **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://bit.ly/PressPauseNJ>

### **TUESDAYS**

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

Zoom Meeting ID: 424 719 863 Passcode: 469922

<https://bit.ly/ThankfulTuesdaysNJ>

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

Zoom Meeting ID: 874 1068 2918 Passcode: 000624

<https://bit.ly/WOCgroupNJ>

### **WEDNESDAYS**

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

Zoom Meeting ID: 819 9661 5019 Passcode: 389434

<https://bit.ly/CopingWithCultureNJ>

12/15 @ 6:30pm - "E-Motions": Dance Party in your home!

<https://bit.ly/EMotionsNJ>

### **THURSDAYS**

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

Zoom Meeting ID: 985 2934 2867 Passcode: 299051

<https://bit.ly/BienestarNJ>

12/16 @ 5:30pm - "Healing in Conversations"

Zoom Meeting ID: 873 1891 8246 Passcode: 643211

<https://bit.ly/HealingInConvoNJ>

12/02/21 @ 6:00pm - LGBTQ+ Womyn of Color Gathering

Zoom Meeting ID: 973 741 8141 Passcode: 120221

<https://bit.ly/njLGBTQwoc>

### **FRIDAYS**

12/10/21 @ 1:00pm - Men's Health & Wellness Group

Zoom Meeting ID: 893 8115 9546 Passcode: 387490

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

12/03/21 & 12/17/21 @ 6:00pm - Warriors Welcome Veterans Support Group

Zoom Meeting ID: 893 8115 9546 Passcode: 387490

<https://bit.ly/WarriorsWelcomeNJ>

FOR MORE INFORMATION ABOUT THESE PROGRAMS. PLEASE CONTACT [FAMILIESOFCOLOR@MHANJ.ORG](mailto:FAMILIESOFCOLOR@MHANJ.ORG)

