

MHA-Ocean VIRTUAL PEER SUPPORT GROUPS

OCEAN COUNTY RESIDENTS / AGES 18 YEARS & OLDER / FOR INDIVIDUALS IN RECOVERY OR SEEKING TO FIND A PATHWAY TO RECOVERY. AS WELL AS FAMILY MEMBERS & LOVED ONES



February 2022



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

MONDAYS

- 11am-12pm** **WINGS / Grief** Zoom ID: 992 5698 9029
Grief is a highly individual journey, much like recovery. This group offers comfort, understanding, & support to one another in finding healthy ways to deal with the pain & gain WINGS.
- 12-1pm** **Dual Recovery** Zoom ID: 950 5174 7851
A safe space for individuals to discuss dual recovery & share experiences with others that can relate, understand, & offer support.
- 1-2pm** **Creating Your Career** Zoom ID: 912 2746 8396
Explore ways to grow professional while supporting your recovery to create the best version of yourself

TUESDAYS

- 12-1pm** **Relaxation & Recovery** Zoom ID: 130 429 200
Offers self-care tips & techniques to help bring wellness and balance while navigating recovery to your mind, body, & spirit.
- 8-9pm** **Relationships & Recovery** Zoom ID: 977 1198 7905
Discuss & discover the importance of healthy relationships, identify unhealthy relationships, & supporting each other in maintaining a life of overall wellness & recovery.

WEDNESDAYS

- 8-9am** **Morning Motivation** Zoom ID: 924 6761 7005
Motivation is a pathway to changing our way of thinking, feeling, & behaving. Whether in the beginning stages of recovery or in long-term recovery, motivation is a crucial component.
- 11am-12pm** **Recovery Dharma** Zoom ID: 916 8215 2965
A peer-led, grass-roots, support group to encourage individuals on their path of recovery from addiction using Buddhist practices & principles.
- 6-7pm** **Family Recovery** Zoom ID: 635 649 622
A safe place for families/loved ones impacted by substance use & addiction to obtain tools & skills for their own personal recovery process, express fears & feeling, & connect with others dealing with similar experiences.

THURSDAYS

- 11am-12pm** **Staying Active** Zoom ID: 204 663 877
Physical activity & exercise has shown to have many health benefits & can improve your overall wellness & recovery.
- 6-7pm** **MAT / MAR Recovery** Zoom ID: 980 6530 1056
Peer support group for anyone thinking about MAT/MAR or currently involved in MAT/MAR. as a pathway to recovery.

FRIDAYS

- 1-2pm** **Job Searching & Wellness** Zoom ID: 937 3874 5268
Providing additional support for finding & maintaining employment while in recovery..
- 2-3pm** **Language of Letting Go** Zoom ID: 945 3658 8193
The group will discuss the meditation of the day & explore tools to begin healing. From the book "The Language of Letting Go" by Melodie Beattie.
- 7-10pm** **Music to My Ears** Zoom ID: 653 731 530
Music can relax the mind, energize the body, & have a positive impact on thoughts & feelings. Listen to some feel good music & be inspired by some songs... It's a Recovery Event Every Friday Night.

SATURDAYS

- 4-5pm** **Relaxation Tools & Techniques** Zoom ID: 357 314 888
Offers self-care tips & techniques to help bring wellness and balance while navigating recovery to your mind, body, & spirit.
- 6-7:30pm** **Humanist Recovery** Zoom ID: 967 6835 7587
A non-secular recovery group for everyone. This is a meeting where the only faith we embrace is faith in ourselves & our ability to recover together.
- 7-8pm** **Coping with Chaos** Zoom ID: 549 614 341
Learning & Discussing ways to cope with chaos while in recovery

SUNDAYS

- 11am-12pm** **Meditation Recovery** Zoom ID: 771 665 073
Join us to learn & experience the importance of some meditation & mindfulness in recovery
- 12-1pm** **Sunday Morning Recovery** Zoom ID: 929 0755 1929
Regardless of your recovery pathway join us Sundays for some mutual support, respect, & acceptance... in a non-judgmental & safe space
- 2-3pm** **Creativity Unleashed in Recovery** Zoom ID: 933 5544 9291
Creative Expression & Activities are enjoyable but also can be a great wellness tool in recovery to help enhance moods & emotions. Explore & share forms of creativity - using art as an outlet for self-expression. No art skills required.
- 6:30-7:30pm** **ALL Recovery Meeting** Zoom ID: 991 231 584
This meeting is for everyone who supports recovery & respects all pathways to recovery, recognizing that recovery is unique & reflects personal strengths

If You Are Interested in Additional Peer Support or Information on MHA Services - Please Contact Us.

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