

Virtual Calendar of Free & Public Support Groups, in response to COVID-19, by MHANJ New Jersey Hope and Healing **JANUARY 2022**

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/NJNewMoms>

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>

The Upside Book Club: Strategies to Thrive and Grow - 7:00pm. (1/6 - 2/24)

Meeting ID: 866 9196 2819 Passcode: 755655 Link: <https://bit.ly/UpsideNJHH>

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>