Virtual Calendar of Free & Public Support Groups, in response to COVID-19, by MHANJ New Jersey Hope and Healing MARCH 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: 831 9276 6664 Passcode: 191223 Link: https://bit.ly/NJStudentSupport

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

Grupo de Apoyo en Español - 7:00pm.

Meeting ID: 840 8542 4688 Passcode: 667906 Link: https://bit.ly/grupoNJHH

Wednesdays

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.

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

Fridays

Grupo de Apoyo en Español - 11:00am.

Meeting ID: 840 8542 4688 Passcode: 667906 Link: https://bit.ly/grupoNJHH

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

