

# 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>