

# June 2022 Programs for survivors of Hurricane Ida

brought to you by

**New Jersey Hope and Healing**



## **Stress Management – Wednesdays @ 5PM**

Meeting ID: 899 0946 3741

Passcode: 430631



Call-in Option: +1 929.205.6099

<https://bit.ly/3B0dL91>



## **Parenting Support – Wednesdays @ 7PM**

Meeting ID: 852 3222 2414

Passcode: Parents

<https://bit.ly/ParentsGroupNJ>



## **Spanish-Speaking Group – Wednesdays @ 7PM**

Meeting ID: 840 8542 4688

Passcode: 667906

<https://bit.ly/grupoNJHH>



## **Mindfulness Strategies – Fridays @ Noon**

Meeting ID: 939 5831 8783

Passcode: 138625

<https://bit.ly/MindfulnessNJ>



**For Emotional Support,  
Call 866.202.HELP (4357)**

**8AM – 8PM, Daily**

**Our call line is free,  
anonymous, & available  
7 days a week.**

***Se habla español.***



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](http://www.mhanj.org)



**\*\*For more information on any of these programs, please contact [jangelini@mhanj.org](mailto:jangelini@mhanj.org)**