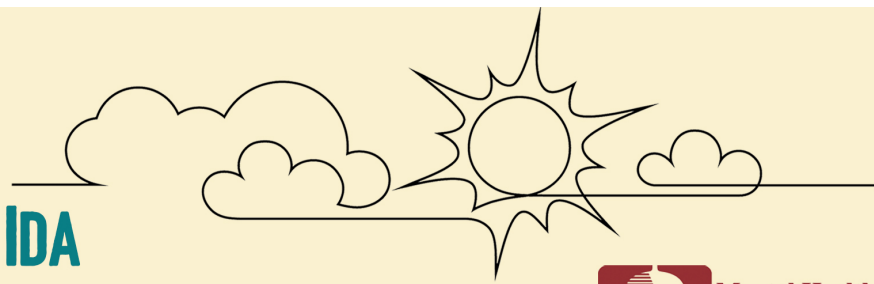


# SUMMER 2022

## VIRTUAL PROGRAMS FOR SURVIVORS OF HURRICANE IDA

brought to you by **NEW JERSEY HOPE AND HEALING**



Coping With Change - Mondays @ 5:30PM

Meeting ID: 899 0946 3741 Passcode: 430631 [bit.ly/3B0dL9I](https://bit.ly/3B0dL9I)

Stress Management - Wednesdays @ 5:00PM

Meeting ID: 899 0946 3741 Passcode: 430631 [bit.ly/3B0dL9I](https://bit.ly/3B0dL9I)

Parenting Support - Wednesdays @ 7:00PM

Meeting ID: 852 3222 2414 Passcode: Parents [bit.ly/ParentsGroupNJ](https://bit.ly/ParentsGroupNJ)

Spanish-Speaking Group - Wednesdays @ 7:00PM

Meeting ID: 840 8542 4688 Passcode: 667906 [bit.ly/grupoNJHH](https://bit.ly/grupoNJHH)

Mindfulness Strategies - Fridays @ Noon

Meeting ID: 939 5831 8783 Passcode: 138625 [bit.ly/MindfulnessNJ](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)**