

# WEEKLY SUPPORT GROUPS

Join us for these one-hour **zoom** groups!

**JULY 2022**

## TUESDAYS

@ 10:00am

### Meditation Chair Yoga Hosted by RWJBarnabas Health

<https://us06web.zoom.us/j/82980668888?pwd=QlZucGJZE5KMWVlNWxyOWJydm1MQ0T09>

Meeting ID: 829 8066 8888

Passcode: 124173

@ 7:00pm

### Managing Reactions: Dealing with Chronic Stress Hosted by RWJBarnabas Health

<https://us06web.zoom.us/j/81401417097?pwd=a3hWZ3pQa3BDdUp4TDFVMW92WFhrZz09>

Meeting ID: 814 0141 7097

Passcode: Breathe

## WEDNESDAYS

### Focusing on Growth: Promoting Self-Care in Healthcare Hosted by MHANJ

<https://zoom.us/j/97771214418?pwd=UnZoZWwhOUU1OVWRwT25RSgpU1dqdz09>

Meeting ID: 977 7121 4418

Passcode: 364275

@ 3:00pm

### Healing, Strength, and Tenacity Hosted by MHANJ

<https://zoom.us/j/95362273824>

Meeting ID: 953 6227 3824

@ 7:00pm

## THURSDAYS

@ 7:00pm

### How Well is Your Wellness Wheel Turning? Hosted by MHANJ

<https://us02web.zoom.us/j/86935224030?pwd=RWd4UllZMUtXRlBNQ5KzhqbGFIQT09>

Meeting ID: 869 3552 4030

Passcode: wellness

## FRIDAYS

### Affirming Your Day Hosted by CFFS

<https://us06web.zoom.us/meeting/register/tZckfuCvqz4rGNI3fbMv0WNpsFSe16mn1dXe>

Meeting ID: 839 9975 5126

Passcode: 132782

@ 10:00am

### Journaling: Write it Out! Hosted by CFFS

<https://us06web.zoom.us/meeting/register/tZwsc-6prT0tHtcE8B8xNmIHlICBBE-ioJk>

Meeting ID: 881 4713 6743

Passcode: 175201

@ 3:00pm

