

# COPING WITH CHANGE



a virtual, public group  
for Stress Management  
and Community

**MONDAYS IN SEPTEMBER @ 5:30PM**



[bit.ly/3B0dL91](https://bit.ly/3B0dL91)

**MEETING ID: 899 0946 3741**      **PASSCODE: 430631**

**CALL-IN OPTION: +1 929.205.6099**



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)

