

Weekly Virtual Support Groups

Click the link under each group or enter the Meeting ID and passcode into Zoom to join!

MONDAYS

@ 11:30am

Breathing/Chair Yoga

Hosted by RWJBH

[Click here to join](#)

Meeting ID: 883 2621 9137

Passcode: Breathe

@ 3:00pm

Let's Talk About Self-Care!

Hosted by RWJBH

[Click here to join](#)

Meeting ID: 828 8233 1960

Passcode: Breathe

TUESDAYS

@ 6:00pm

Managing Reactions: Dealing with Chronic Stress

Hosted by RWJBH

[Click here to join](#)

Meeting ID: 814 0141 7097

Passcode: Breathe

@ 7:00pm

Open Chat Forum - Peer to Peer Support

Hosted by RWJBH

[Click here to join](#)

Meeting ID: 875 3540 4230

Passcode: Breathe

WEDNESDAYS

@ 7:00pm

Wellness Wednesdays

Hosted by MHANJ

[Click here to join](#)

Meeting ID: 811 1379 1695

Passcode: 572828

THURSDAYS

@ 8:00am

Recharge and Reset

Hosted by MHANJ

[Click here to join](#)

Meeting ID: 891 2265 6697

Passcode: 245756

@ 10:00am

Setting Boundaries During the Holidays

Hosted by CFFS

[Click here to join](#)

Meeting ID: 886 528 19934

Passcode: 504962

@ 12:00pm

Stretching, Laughing & Relaxing with YogaJen

Hosted by MHANJ

[Click here to join](#)

@ 12:40pm

20 Minutes of Calming Mindfulness

Hosted by CFFS

[Click here to join](#)

Meeting ID: 833 0678 1471

@ 6:00pm

Thrive on Thursdays

Hosted by MHANJ

[Click here to join](#)

Meeting ID: 857 1180 8791

Passcode: 514609

@ 6:00pm

Post-COVID Care: Long Haulers Support

Hosted by RWJBH

[Click here to join](#)

Meeting ID: 879 3246 1761

Passcode: Breathe

FRIDAYS

@ 12:00pm

Let's Talk About Self-Care!

Hosted by RWJBH

[Click here to join](#)

Meeting ID: 857 0072 0368

Passcode: Breathe

Monday through Friday 8:50am -9:00am

Join RWJBarnabas Health Institute for Prevention and Recovery for a **10-minute** check-in, stretch and breathing session to jumpstart your day!

[Click Here](#) or Scan the QR Code to access the Zoom link

Meeting ID: 873 2340 0940

Passcode: BREATHE
+1 929 205 6099



The New Jersey Department of Health (NJ DOH) was awarded the CDC NJ COVID Disparities Grant to promote resilience and sustainability of the NJ DOH public health workforce as a result of the pandemic. DOH has awarded NJDHS funding for the Hope for Health project.