

March Calendar

Tuesday

2:15PM - 3:15PM

MIND BODY CONNECTION

3:30PM - 5:00PM

BUILDING HEALTHY RELATIONSHIPS

5:00PM - 6:00PM

DINNER: DINE & UNWIND

6:00PM - 7:00PM

FOCUS FORWARD

6:00PM - 7:00PM

CREATIVE EXPRESSIONS

7:15PM - 8:00PM

DOUBLE TROUBLE

Friday

2:15PM - 3:15PM

WELLNESS SMORGASBORD

3:30PM - 4:15PM

SELF-DISCOVERY

4:15PM - 5:00PM

WEEKEND WELLNESS

5:00PM - 6:00PM

DINNER: DINE & UNWIND

6:00PM - 8:00PM

CAFE MHA

Thursday

2:15PM - 3:15PM

SPIRITUAL SOULSTICE

3:30PM - 5:00PM

WRAP ABOUT IT

5:00PM - 6:00PM

DINNER: DINE & UNWIND

6:00PM - 7:00PM

EMBRACING NEURODIVERSITY

6:00PM - 7:00PM

HOPE & GRATITUDE

7:15PM - 8:00PM

DOUBLE TROUBLE

Saturday

10:00AM - 11:00AM

DOUBLE TROUBLE

11:00AM - 11:45AM

SELF-CARE STRATEGIES

11:45AM - 4:00PM

UPLIFT & UNITE: SOCIAL SATURDAY

Special Events

Sat. 3/01

Growing
Thru Grief
10:00am

Fri. 3/14

Pot O' Positivity
Party
5:00pm

Thurs. 3/27

Monthly Milestone
Celebration
5:00pm



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