Virtual Calendar for Free & Public Support Groups, in response to COVID-19, by MHANJ New Jersey Hope and Healing via zoom

Mondays

Support Group for COVID-positive individuals & their loved ones - 10:00am.
Meeting ID: 943 3622 4788 Password: 116328
https://zoom.us/j/94336224788?pwd=bHAzT2hzRTYveVpjNXdYY1IyeTMzdz09

College Students Support Group - 11:45am-12:30pm.
Meeting ID: 932 8970 0950 Password: 950537
https://zoom.us/j/93289700950?pwd=QlRQTGd0UWt3QW1UYkpWOFc0VUNoQT09

Tuesdays

"Boomer Hour" 60+ Support Group - 6:30pm.
Meeting ID: 899 6174 8929 Password: 986547
https://us02web.zoom.us/j/89961748929?pwd=blNhaGt3N0tyQUtjOHlURzBTbVpBQT09

Parents Support Group: "Creating Work/Life Balance at Home" - 3:00pm.
Meeting ID: 821 2924 9636 Password: 069016
https://us02web.zoom.us/j/82129249636?pwd=Z3R0Y1hybUJwVG91SzBBN0F[illegible]G5zUT09

Spanish-Speaking Support Group - 7:00pm. A discutir cómo la pandemia de COVID-19 ha impactado nuestra salud emocional, estrategias para manejar el estrés y la ansiedad, y a promover el bienestar físico y emocional.
Meeting ID: 985 2934 2867 Password: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIlUT09

Wednesdays

Spanish-Speaking Support Group - 4:00pm.
Meeting ID: 985 2934 2867 Password: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIlUT09

Teen Support Group - 4:00pm. Drop-In sessions for teens 14-18 to talk about managing school stressors during remote learning and maintaining peer connections during social distancing.
Meeting ID: 962 6449 2894 Password: 928807
https://[illegible]

"Parenting Through the Pandemic" Support and Networking Group - 7:00pm.
Meeting ID: 894 890 678 Password: 707190
https://[illegible]

Thursdays

LGBTQ+ Community Drop-In Group - 4:00pm.
Meeting ID: 942 0223 7219 Password: 082474
https://zoom.us/j/94202237219?pwd=Yndvcy8rb0F3MEd1S0hnZmxwVVN2QT09

De-compress and Disconnect" - 4:30pm and 5:30pm. Drop-In sessions to create and promote healthy boundaries for working at home.
Meeting ID: 963 5326 4239 Password: 806180
https://zoom.us/j/96353264239?pwd=M05jcndoS3NVZHdjZjk0TUJFWnNwZz09

Healthcare Workers *"Resiliency & Coping"* Support and Discussion Group - 7:00pm.
Meeting ID: 911 7223 6441 Password: 934178
https://[illegible]

Fridays

Caregivers & Healthcare Workers Support Group - 9:00am.
Meeting ID: 816 3422 8351 Password: 171134
https://[illegible]

Spanish-Speaking Support Group - 11:00am.
Meeting ID: 985 2934 2867 Password: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIlUT09

NEW JERSEY hope and healing

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