

Virtual Calendar of Free & Public Support Groups, in response to COVID-19, by MHANJ New Jersey Hope and Healing *May 2021*



Sundays

School Nurses Support & Discussion Group - 7:00pm.

Meeting ID: 965 2476 8033 Passcode: 860075

<https://zoom.us/j/96524768033?pwd=UUR0RIZNRGdwbzY2QktlZmRWWnU5dz09>

Mondays

School Nurses Support & Discussion Group - 4:00pm.

Meeting ID: 965 2476 8033 Passcode: 860075

<https://zoom.us/j/96524768033?pwd=UUR0RIZNRGdwbzY2QktlZmRWWnU5dz09>

“What now?” Coping Strategies for this phase of the pandemic - 7:00pm.

Meeting ID: 869 9749 6142 Passcode: 981708

<https://us02web.zoom.us/j/86997496142?pwd=ZGFuSnJQNTBoZE1qMTFMWVoyaklyZz09>

Tuesdays

Food and Mood: Eating During COVID-19 - 7:00pm. (Group starts on May 11th)

Meeting ID: 881 3835 5819 Passcode: 444166

<https://us02web.zoom.us/j/88138355819?pwd=SThFZk8rNDdNdkg5UTIKcDVBdFhjUT09>

Spanish-Speaking Support Group - 7:00pm.

Meeting ID: 985 2934 2867 Passcode: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>

Wednesdays

Spanish-Speaking Support Group - 7:00pm.

Meeting ID: 985 2934 2867 Passcode: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>

Parents Support & Discussion Group - 7:00pm.

Meeting ID: 852 3222 2414 Passcode: Parents

<https://us02web.zoom.us/j/85232222414?pwd=NUVxUHlKUKFmOHNmRFZwcjBWU1ZTZz09>

Thursdays

Support Group for COVID-positive individuals & their loved ones - 6:00pm.

Meeting ID: 865 0178 8077 Passcode: 315414

<https://us02web.zoom.us/j/86501788077?pwd=cTJYemtVcEJGbkdkOFk5TzVvMGnkQT09>

Loss & Grief Support Group - 6:30pm. (Group starts on May 20th)

Meeting ID: 814 1979 2414 Passcode: HEAL

<https://us02web.zoom.us/j/81419792414?pwd=SUtLN242YUNZFBDVnZYZ1N6OHY3QT09>

Fridays

Spanish-Speaking Support Group - 11:00am.

Meeting ID: 985 2934 2867 Passcode: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>

Strategies for Mindfulness Practice - 12:00pm.

Meeting ID: 939 5831 8783 Passcode: 138625

<https://zoom.us/j/93958318783?pwd=WDR6QjQ4WVJYTctWcHJiUEpMcW5GZz09>

LGBTQ+ Community Drop-In Group - 4:00pm.

Meeting ID: 937 5723 6552 Passcode: 727211

<https://zoom.us/j/93757236552?pwd=WThnU1Y0SzZjVThmWEFuSWY2Qmo3dz09=ZVIQYXkvU0w2WXhnMU16Uk5sV0pOUT09>

College Students Support Group - 5:00pm.

Meeting ID: 983 4490 8458 Passcode: 209772

<https://zoom.us/j/98344908458?pwd=U3FHUFYxSlpnb0g5UVJWNUFaa3NhQT09>

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

