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

October 2020 via zoom

Sundays

School Nurses Support & Discussion Group - 7:00pm.
Meeting ID: 965 2476 8033 Password: 860075
https://zoom.us/j/96524768033?pwd=UUR0RlZNRGdwbzY2QktlZmRWWnU5dz09

Mondays

Parents of College Students Discussion Group - 7:00pm.
Meeting ID: 869 9749 6142 Password: 981708
https://us02web.zoom.us/j/86997496142?pwd=ZGFnSnJQNTBoZE1qMTFMWVoyakIyZz09

School Nurses Support & Discussion Group - 7:00pm.
Meeting ID: 965 2476 8033 Password: 860075
https://zoom.us/j/96524768033?pwd=UUR0RlZNRGdwbzY2QktlZmRWWnU5dz09

Tuesdays

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=QXdsZHBZZURhQ3NtS0kzTHJPWFlIUT09

"Teacher Talk" - 8:00pm.
Meeting ID: 242 485 223 Password: 555402 Call-In: 1.929.205.6099

Wednesdays

Spanish-Speaking Support Group - 4:00pm.
Meeting ID: 985 2934 2867 Password: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFlIUT09

"Parenting Through the Pandemic" Support and Networking Group - 7:00pm.
Meeting ID: 978 6606 7646 Password: 143566
https://zoom.us/j/97866067646?pwd=L284NysvMS9pOHYwQTNhUkcwVmpadz09

Thursdays

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

Healthcare Workers "*Resiliency & Coping*" Support and Discussion Group - 4:00pm.
Meeting ID: 911 7223 6441 Password: 934178
https://zoom.us/j/91172236441?pwd=NzhRMG5iUC9uMnJQaEhtVHZuQTlnZz09

Support Group for COVID-positive individuals & their loved ones - 5:30pm.
Meeting ID: 943 3622 4788 Password: 116328
https://zoom.us/j/94336224788?pwd=bHAzT2hzRTYveVpjNXdYY1IyeTMzdz09

"Teacher Talk" - 8:00pm.
Meeting ID: 242 485 223 Password: 555402 Call-In: 1.929.205.6099

Fridays

Spanish-Speaking Support Group - 11:00am.
Meeting ID: 985 2934 2867 Password: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFlIUT09

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