

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



Mondays

Parents of College Students Discussion Group - 7:00pm.

Meeting ID: 869 9749 6142 Password: 981708

<https://us02web.zoom.us/j/86997496142?pwd=ZGFhbnJQNTBoZE1qMTFMWVoyaklyZz09>

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=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>

"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=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>

"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=Yndvcy8rb0F3ME1S0hnZmxwVFN2QT09>

Support Group for COVID-positive individuals & their loved ones - 5:30pm.

Meeting ID: 943 3622 4788 Password: 116328

<https://zoom.us/j/94336224788?pwd=bHAzT2hzRTYveVpjNXdYY1IyeTMzd09>

Healthcare Workers *"Resiliency & Coping"* Support and Discussion Group - 7:00pm.

Meeting ID: 911 7223 6441 Password: 934178

<https://zoom.us/j/91172236441?pwd=NzhRMG5lUC9uMnJQaEhtVHZuQTlnZz09>

"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=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>



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