

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

Mondays

“Teaching Around the Clock” Drop-In Support Group for Teachers who teach both remotely and face-to-face at home - 3:30pm.

Meeting ID: 959 2844 3847 Password: 446076

<https://zoom.us/j/95928443847?pwd=STJaUS9Gc2ZpSWZkemRSWXhwS085dz09>

Tuesdays

“Wellness Recovery Action Plan for Job-Seekers” - 11:00am-12:30pm, May 26, June 2, June 9, June 16. Support Group for individuals to develop individualized plans to manage physical and emotional stressors that accompany seeking employment.

Meeting ID: 917 4687 2542 Password: 140744

<https://zoom.us/j/91746872542?pwd=R1FrejU3M2YrcmVJbUZjSS9NaW5nZz09>

“Boomer Hour” 60+ Support Group - 6:30pm.

Meeting ID: 899 6174 8929 Password: 986547

<https://us02web.zoom.us/j/89961748929?pwd=bINhaGt3N0tyQUtjOHlURzBTbVpBQT09>

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=Z3R0Y1hybUJwVG91SzBBN0RlR05zLjU09>

Nurses “Resiliency & Coping” Support and Discussion Group - 7:00pm.

Meeting ID: 955 7111 0207 Password: 336319

<https://zoom.us/j/95571110207?pwd=eIFJT09kO#JjT0hPMEIHMTE4L0pvdz09>

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=QXdsZHBZZURhQ3NlS0kzTHJPWFIIUT09>

Wednesdays

Spanish-Speaking Support Group - 4:00pm.

Meeting ID: 985 2934 2867 Password: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NlS0kzTHJPWFIIUT09>

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://zoom.us/j/96264492894?pwd=b2FvRFpudHkxNUFtU1ZheGdhdlIS0T09>

“Parenting Through the Pandemic” Support and Networking Group - 7:00pm.

Meeting ID: 894 890 678 Password: 707190

<https://zoom.us/j/894890678?pwd=SWtaNFVEWmxyMSIjcFZlTVY0TFYUT09>

Thursdays

“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=M05jendU53NVZHdjZjk0TUJFWnNwZz09>

Healthcare Workers “Resiliency & Coping” Support and Discussion Group - 7:00pm.

Meeting ID: 911 7223 6441 Password: 934178

<https://zoom.us/j/91172236441?pwd=NzhRMG5lUC9uMmJQaEhVHlZuQTlnZz09>

Fridays

Spanish-Speaking Support Group - 11:00am.

Meeting ID: 124 502 706 Password: 581858

<https://us02web.zoom.us/j/124502706?pwd=YXk5eDc0WU9FK1I3YVJoM3lTcW9ldz09>

Saturdays

CCP Drop-In Session - 11:00am. Discuss emotional difficulties and strategies to promote strength and resiliency.

Meeting ID: 883 7959 0578 Password: 027419

<https://us02web.zoom.us/j/88379590578?pwd=bVFGZnk4WmNaUm5sZ0FJSmFVSVDjH2z09>

Sundays

Parents Support Group about their Roles as Teachers during Remote Learning - 7:00pm.

Meeting ID: 912 3906 6591 Password: 246419

<https://zoom.us/j/91239066591?pwd=TFU3N1pPVFI5QlJlZmNlKR2lEdTVSUT09>



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