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

January 2021 via zoom

Sundays

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

Mondays

School Nurses Support & Discussion Group - 3:30pm.
Meeting ID: 965 2476 8033 Passcode: 860075
https://zoom.us/j/96524768033?pwd=UUR0RlZNRGdwbzY2QktlZmRWWnU5dz09

Stress Reduction and Coping Strategies - 7:00pm.
Meeting ID: 869 9749 6142 Passcode: 981708
https://us02web.zoom.us/j/86997496142?pwd=ZGFnSnJQNTBoZE1qMTFMWVoyaklyZz09

Tuesdays

LGBTQ+ Community Drop-In Group - 12:00pm.
Meeting ID: 942 0223 7219 Passcode: 082474
https://zoom.us/j/94202237219?pwd=Yndvcy8rb0F3MEd1S0hnZmxwVVN2QT09

Spanish-Speaking Support Group - 7:00pm.
Meeting ID: 985 2934 2867 Passcode: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09

Pregnancy during the Pandemic Group - 7:00pm.
Meeting ID: 976 8774 4339 Passcode: 200411
https://zoom.us/j/97687744339?pwd=aVYwU0FPOGRIZ1NsYTM3bWY4dDhCUT09

"Parenting Through the Pandemic" Support and Networking Group - 8:00pm.
Meeting ID: 978 6606 7646 Passcode: 143566
https://zoom.us/j/97866067646?pwd=L284NysvMS9pOHYwQTNhUkcwVmpadz09

Wednesdays

Haitian Community Support & Discussion Group - 11:00am.
Meeting ID: 963 0863 9366 Passcode: 110349
https://zoom.us/j/96308639366?pwd=V2tjV3kzK1podWIwUXc2VXNjOXhzQT09

Spanish-Speaking Support Group - 7:00pm.
Meeting ID: 985 2934 2867 Passcode: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09

Single Parents Support Group - 7:00pm.
Meeting ID: 852 3222 2414 Passcode: Parents
https://us02web.zoom.us/j/85232222414?pwd=NUVxUHlkUkFmOHNmRFZwcjBWU1ZTZz09

Thursdays

"Teacher Talk" - 3:30pm.
Meeting ID: 965 9268 3401 Passcode: 538620
https://zoom.us/j/96592683401?pwd=OG9SMnBtNnRpb1pDZVZQUzdrdG5XZz09

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

"Decompress and Disconnect": a drop-in group for those who work from home - 4:30pm.
Meeting ID: 963 5326 4239 Passcode: 806180
https://zoom.us/j/96353264239?pwd=M05jcnduS3NVZHdjZjk0TUJFWnNwZz09

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

Fridays

Spanish-Speaking Support Group - 11:00am.
Meeting ID: 985 2934 2867 Passcode: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09

College Students Support Group - 5:00pm.
Meeting ID: 983 4490 8458 Passcode: 209772
https://zoom.us/j/98344908458?pwd=U3FHUFYxSlpnb0g5UVJWNUFaa3NhQT09

Stay Safe & Stay Connected - 7:30pm. January 8, 15, 22, 29
Meeting ID: 967 1924 7642 Passcode: 750363
https://zoom.us/j/96719247642?pwd=MFB4YzRpTG8wVDNNTUdNNytqc0pEQT09

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