


# HOPE & HEALING

FEBRUARY 2021

**MUSIC & MINDFULNESS** Join us for 15 minute breaks daily at **10 AM & 2 PM** for guided mindfulness and mood-boosting music to keep you going strong all week long!

**MUSIC MOTIVATION**  Mondays, Wednesdays and Fridays 10 AM & 2 PM

**MINDFUL MOMENTS**  Tuesdays & Thursdays 10 AM & 2 PM

**ZOOM Meeting ID: 937 5426 5217 ZOOM Password: 653165**

## MHANJ'S MENTAL HEALTH PLAYERS PRESENTS: A CONVERSATION ABOUT RACISM



WE NEED  
A CHANGE

Join us for an interactive community education performance on mental health and racism in healthcare. Enjoy the show, ask questions and engage in solutions.

Thursday, February 11 at 6 PM

[REGISTER HERE](#)



### Happy Heart Health Month!



HEALTHY & EASY  
WEEKNIGHT DINNERS

TUNE IN FOR  
TIPS & RECIPES OR  
FOLLOW ALONG &  
COOK WITH US!



GAME  
NIGHT

Thursday, February 25 at 6 PM

[REGISTER HERE](#)



COOK WITH US

Thursday, February 18 at 6 PM

[REGISTER HERE](#)



# DROP-IN SUPPORT SESSIONS



MAKE TIME FOR SELF-CARE & STRESS RELIEF. FIND A SAFE, SUPPORTIVE COMMUNITY OF FELLOW HEALTHCARE WORKERS. YOU DESERVE THIS.

<b>"HAPPY" HOUR MONDAYS</b>	<b>6 - 7 PM</b>
<b>WELLNESS WEDNESDAYS</b>	<b>8 - 9 AM</b>
<b>SELF-CARE SATURDAYS</b>	<b>10 - 11 AM</b>

<b>EMS Support Group:</b>	<b>Mondays</b>	<b>3-4 PM</b>
<b>Nursing Home Support Group:</b>	<b>Wednesdays</b>	<b>4-5 PM</b>
<b>Nurses Support Group:</b>	<b>Thursdays</b>	<b>4-5 PM</b>

## ABOUT NJ HOPE & HEALING

Through a statewide partnership, Capital Health is addressing the immediate emotional needs of all health care workers and emergency medical services personnel who have been on the front-line of the COVID-19 pandemic.

This includes:

- Individual supportive counseling and assessment
- Virtual support groups
- Mindfulness-based stress relief techniques
- Referrals to mental health and substance abuse disorder treatment, if needed.

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Capital Health in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

Visit us at [CapitalHealth.org/HopeandHealing](https://CapitalHealth.org/HopeandHealing)



WELLNESS WORKSHOP SERIES:  
**COVID & COMPASSION FATIGUE**

February 16 & 24

[FIND OUT MORE](#)  
& [REGISTER HERE](#)



**HOPE & HEALING HELPLINE**  
**609-303-4129**

Need to talk? We're here to listen and offer emotional support.



Support counselors are available Monday-Friday 8:30 AM-4:30 PM or by appointment.