

HOPE AND HEALING

Counseling | Resources | Action | Relief



capitalhealth

MAY 2021



ROUND TABLE TALKS WEDNESDAYS AT 12 PM

We've created a space just for you to share opinions and ask questions with grace and an open mind. This is an opportunity to connect with health care employees from a variety of backgrounds to share your thoughts with and learn from one another regarding experiences impacting essential workers during the COVID-19 pandemic.

[TO JOIN US ON ZOOM, CLICK HERE](#)

Zoom Meeting ID: **937 5426 5217** | Zoom Password: **653165**

ART WORKSHOP:

Journaling for Peace and Joy

Did you know that art and journaling enhance problem solving skills and reduce stress? Imagine the possibilities when we bring the two together! Join us for a new take on the process of journaling and let's explore our creative side!

**THURSDAY, MAY 6, 2021
AT 6 P.M.**

[REGISTER HERE](#)



SUPPORT GROUP:

EMOTIONAL AND PHYSICAL SEQUELAE OF COVID-19



Connect with a support system of fellow health care workers in various sectors that have been through or are currently diagnosed with Covid-19, have firsthand experience with or have had loved ones diagnosed with Covid-19.

Find a safe space to discuss the lasting emotional and physical effects, and we will be there every step of the way to provide support, strategies, and resources.

MONDAYS 3:30 – 4:30 P.M.

[TO JOIN US ON ZOOM, CLICK HERE](#)

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



WELLNESS WORKSHOP SERIES

STRESS MANAGEMENT 101

Presented by **Dr. Rajiv Vyas, MD, FASAM, FACPM**

Join us to learn a range of strategies to help you better manage stress and adversity. We will uncover ways to increase relaxation and clear the mind in order to lead a healthier and more balanced life!

WEDNESDAY, MAY 12, 2021 AT 12 P.M.

[REGISTER HERE](#)

MENTAL HEALTH PLAYERS

DO YOU HAVE ENOUGH EMOTIONAL PPE?

You can find out by joining us for an interactive community education performance to learn ways to increase or maximize your emotional PPE. Come enjoy the show, ask questions, and engage in solutions.

**THURSDAY, MAY 13, 2021
AT 6 P.M.**

[REGISTER HERE](#)



HEALTHIER WITH HOPE AND HEALING: BREAKFAST MADE BETTER

What makes a healthy breakfast? Find out by tuning in for tips, recipes and fun while we create breakfast meals that will give us that boost of energy we need to get our days started off strong!

THURSDAY, MAY 20, 2021 AT 6 P.M.

[REGISTER HERE](#)



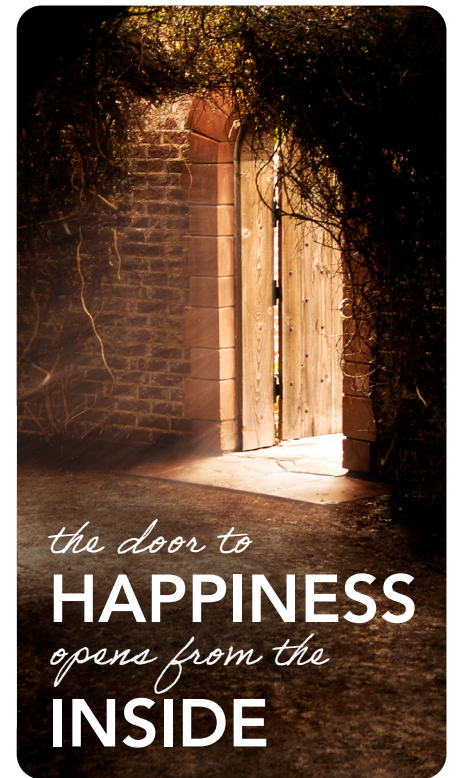
CHAIR YOGA

with Dr. Christi Weston, MD PhD

Can't get away from your desk, but know you need to stretch? Join us with Dr. Weston as we explore the world of Chair Yoga!

**WEDNESDAY, MAY 26, 2021
AT 12 P.M.**

[REGISTER HERE](#)



the door to
HAPPINESS
opens from the
INSIDE



HELPLINE
609.303.4129

NEED TO TALK?

We're here to listen and offer emotional support.

Support counselors are available **Monday – Friday, 8:30 a.m. – 4:30 p.m.** or by appointment.

VISIT US AT [CAPITALHEALTH.ORG/HOPEANDHEALING](https://capitalhealth.org/hopeandhealing)

This program is brought to you through the New Jersey Hope and Healing Support Counseling Program (SCP). The SCP 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.

