Virtual Calendar of Free & Public Support Groups, in response to COVID-19, by MHANJ New Jersey Hope and Healing - JANUARY 2022

Sundays

School Nurses Support & Discussion Group - 7:00pm.

Mondays

College Students Support Group - 5:00pm.
What Now? Pandemic Support Group - 7:00pm.

Tuesdays

Hanging On to Healthy Habits - 4:00pm.
Pregnant &/or New Moms Support Group - 6:30pm.
Grupo de Apoyo en Español - 7:00pm.

Wednesdays

Grupo de Apoyo en Español - 7:00pm.
Parents Support & Discussion Group - 7:00pm.

Thursdays

Support Group for COVID-positive individuals & their loved ones - 6:00pm.

Fridays

The Upside Book Club: Strategies to Thrive and Grow - 7:00pm. (1/6 - 2/24)
Grupo de Apoyo en Español - 11:00am.
Strategies for Mindfulness Practice - 12:00pm.

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