

Virtual Calendar of Free & Public Support Groups, in response to COVID-19,

by MHANJ New Jersey Hope and Healing November 2020 via  zoom

Sundays

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

Meeting ID: 965 2476 8033 Password: 860075

<https://zoom.us/j/96524768033?pwd=UUR0RIZNRGdwbzY2QktlZmRWWnU5dz09>

School Nurses Support & Discussion Group - 3:30pm.

Meeting ID: 965 2476 8033 Password: 860075

<https://zoom.us/j/96524768033?pwd=UUR0RIZNRGdwbzY2QktlZmRWWnU5dz09>

Stress Reduction and Coping Strategies - 7:00pm.

Meeting ID: 869 9749 6142 Password: 981708

<https://us02web.zoom.us/j/86997496142?pwd=ZGFnSnJQNTBoZE1qMTFMWVoyaklyZz09>

Tuesdays

LGBTQ+ Community Drop-In Group - 12:00pm.

Meeting ID: 942 0223 7219 Password: 082474

<https://zoom.us/j/94202237219?pwd=Yndvcy8rb0F3MEd1S0hnZmxwVnN2QT09>

Spanish-Speaking Support Group - 7:00pm.

Meeting ID: 985 2934 2867 Password: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZ ZZURhQ3NtS0kzTHJPWFIIUT09>

Pregnancy during the Pandemic Group - 7:00pm.

Meeting ID: 976 8774 4339 Password: 200411

<https://zoom.us/j/97687744339?pwd=aVYwU0FPOGRIZ1NsYTM3bWY4dDhCUT09>

"Parenting Through the Pandemic" Support and Networking Group - 8:00pm.

Meeting ID: 978 6606 7646 Password: 143566

<https://zoom.us/j/97866067646?pwd=L284NysvMS9pOHYwQTNhUkcwVmpadz09>

Wednesdays

Spanish-Speaking Support Group - 6:00pm.

Meeting ID: 985 2934 2867 Password: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>

Single Parents Support Group - 7:00pm.

Meeting ID: 852 3222 2414 Password: Parents

<https://us02web.zoom.us/j/85232222414?pwd=NUVxUHlkUkFmOHNmRFZwcjBWU1ZTZz09>

Thursdays

Healthcare Workers "Resiliency & Coping" Support and Discussion Group - 4:00pm.

Meeting ID: 911 7223 6441 Password: 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 Password: 806180

<https://zoom.us/j/96353264239?pwd=M05jcnduS3NVZHdjZk0TUJFWnNwZz09>

Support Group for COVID-positive individuals & their loved ones - 5:30pm.

Meeting ID: 943 3622 4788 Password: 116328

<https://zoom.us/j/94336224788?pwd=bHAzT2hzRTYveVpjNXdYY1IyeTMzdz09>

Fridays

Spanish-Speaking Support Group - 11:00am.

Meeting ID: 985 2934 2867 Password: 299051

<https://zoom.us/j/98529342867?pwd=QXdsZHBZZURhQ3NtS0kzTHJPWFIIUT09>

College Students Support Group - 5:00pm.

Meeting ID: 983 4490 8458 Password: 209772

<https://zoom.us/j/98344908458?pwd=U3FHUFYxSlpnb0g5UVJWNUFaa3NhQT09>

Saturdays

Women of Wisdom: a Faith-Based Group - 10:00am.

Meeting ID: 910 1556 1335 Password: 787895

<https://zoom.us/j/91015561335?pwd=MzVPbW53RmRTb2QvQ0ZIWEJWK3VWQT09>



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