


Topics

- Parenting skills
- Coping with COVID 19
- Stress management
- Keeping our mental health healthy
- Meditation
- More... 

Listening Hearts and Minds Support Groups

These are unusual times - how are you doing?

This is a safe place to talk

Virtual groups for pregnant and parenting women co-facilitated by experienced counselors

Tuesdays: 6:00pm

[click here to join by computer](#)

Or contact Deena Cohen
dcohen@cjfhc.org
888-633-5502



30 Silverline Drive • 2nd Floor • Suite 1 • North Brunswick, NJ • 08902

www.CJFHC.org



(732) 937-5437



(732) 937-5540



@info_CJFHC



@CentralJerseyFamilyHealthConsortium