

Grupo de Apoyo Para La Salud Emocional

Mental Health Association le invita a participar en nuestro grupo virtual via Zoom para adultos que esten bajo estres y necesiten alguien con quien hablar.

**Topics Include - Los temas incluiran
Estress Ansiedad**

Technicas de relajamiento & Manejo de estres

El grupo se reunira los viernes a las
11:00AM via zoom

Join in using zoom

<https://zoom.us/j/124502706?pwd=YXk5eDc0WU9FK1I3YVJoM3ITcW9ldz09>

Meeting ID: 124 502 706 Password: 581858

One tap mobile +19292056099, 124502706# US (New York)

This group is brought to your through 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) grant.

