



for virtual CCP Drop-In Support Meetings
11am-12pm, Saturdays May 16th, 23rd, & 30th

via  zoom

<https://us02web.zoom.us/j/88379590578?pwd=bVFOZnk4WnNaUm5sZ0FJSmFSVDdHZz09>

Meeting ID: 883 7959 0578

One tap mobile: 1.929.205.6099

Meeting ID: 883 7959 0578

Password: 027419

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We offer a facilitated discussion to explore how to manage the various emotional difficulties that are arising in response to COVID-19.

We will discuss how the COVID-19 pandemic has impacted our emotional health.

We will discuss wellness strategies to manage stress and promote healing and resiliency during this difficult time.

Often the best source of assistance in dealing with the emotional aspect of emergencies is found in each other.



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) grant.