Mondays
“Teaching Around the Clock” Drop-In Support Group for Teachers who teach both remotely and face-to-face at home - 3:30pm.
Meeting ID: 959 2844 3847  Password: 446076
https://zoom.us/j/95928443847?pwd=STJaUS9Gc2ZpSWZkemRSWXhwS085zd09

Tuesdays
“Wellness Recovery Action Plan for Job-Seekers” - 11:00am-12:30pm, May 26, June 2, June 9, June 16. Support Group for individuals to develop individualized plans to manage physical and emotional stressors that accompany seeking employment.
Meeting ID: 917 4687 2542  Password: 140744
https://zoom.us/j/91746872542?pwd=R1FrejU3M2YrcmVJbUZjSS9NaW5nZz09

“Boomer Hour” 60+ Support Group - 6:30pm.
Meeting ID: 899 6174 8929  Password: 986547
https://us02web.zoom.us/j/89961748929?pwd=blNhaGt3N0tyQUljOHUrb7VpBQT09

Parents Support Group: “Creating Work/Life Balance” - 3:00pm.
Meeting ID: 821 9246 9636  Password: 069016
https://us02web.zoom.us/j/8219249636?pwd=Z3R0Y1hybUJwVG91SzBBNORiRG5zUT09

Nurses “Resiliency & Coping” Support and Discussion Group - 7:00pm.
Meeting ID: 955 7111 0207  Password: 336319
https://zoom.us/j/9557110207?pwd=efJFT09kO#JtT0hPMEIHMTE4L0pvdz09

Spanish-Speaking Support Group - 7:00pm. A discutir cómo la pandemia de COVID-19 ha impactado nuestra salud emocional, estrategias para manejar el estrés y la ansiedad, y a promover el bienestar físico y emocional.
Meeting ID: 985 2934 2867  Password: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBBZURhQ3Ns0kzTHJpWFIIUT09

Wednesdays
Spanish-Speaking Support Group - 4:00pm.
Meeting ID: 985 2934 2867  Password: 299051
https://zoom.us/j/98529342867?pwd=QXdsZHBBZURhQ3Ns0kzTHJpWFIIUT09

Teen Support Group - 4:00pm. Drop-In sessions for teens 14-18 to talk about managing school stressors during remote learning and maintaining peer connections during social distancing.
Meeting ID: 962 6449 2894  Password: 928807
https://zoom.us/j/96264492894?pwd=b2FrRfpudhXxNUFtU1ZheGdtlzSQT09

“Parenting Through the Pandemic” Support and Networking Group - 7:00pm.
Meeting ID: 894 890 678  Password: 707190
https://zoom.us/j/894890678?pwd=SWtsNFVEnmxyMStjbnF2TTVyOTFYUT09

Thursdays
“De-compress and Disconnect” - 4:30pm and 5:30pm. Drop-In sessions to create and promote healthy boundaries for working at home.
Meeting ID: 963 5326 4239  Password: 806180
https://zoom.us/j/96353264239?pwd=M05jNcduS3NzHdjZjkOTU5FwNnwZz09

Healthcare Workers “Resiliency & Coping” Support and Discussion Group - 7:00pm.
Meeting ID: 911 7223 6441  Password: 934178
https://zoom.us/j/91172236441?pwd=NzhRMG5iUC9uMnJ7QaEhtVHZuQTInZz09

Fridays
Spanish-Speaking Support Group - 11:00am.
Meeting ID: 124 502 706  Password: 581858
https://us02web.zoom.us/j/124502706?pwd=YXk5eDc0WU9FK13YVoM3ItcW9ldz09

Saturdays
CCP Drop-In Session - 11:00am. Discuss emotional difficulties and strategies to promote strength and resiliency.
Meeting ID: 883 7959 0578  Password: 027419
https://us02web.zoom.us/j/88379590578?pwd=bVFQZnk4WnNaUm5sZ0FJSmF5VdHlz09

Sundays
Parents Support Group about their Roles as Teachers during Remote Learning - 7:00pm.
Meeting ID: 912 3906 6591  Password: 246419
https://zoom.us/j/91239066591?pwd=TFUN31pPVFISQU1sdsnBKR2IEdTV5UT09

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