

# Virtual Calendar of Free & Public Support Groups, in response to COVID-19, by MHANJ New Jersey Hope and Healing March 2021

## Sundays

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

Meeting ID: 965 2476 8033 Passcode: 860075

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

via  zoom

## Mondays

School Nurses Support & Discussion Group - 4:00pm.

Meeting ID: 965 2476 8033 Passcode: 860075

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

Stress Reduction and Coping Strategies - 7:00pm.

Meeting ID: 869 9749 6142 Passcode: 981708

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

## Tuesdays

Spanish-Speaking Support Group - 7:00pm.

Meeting ID: 985 2934 2867 Passcode: 299051

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

## Wednesdays

Spanish-Speaking Support Group - 7:00pm.

Meeting ID: 985 2934 2867 Passcode: 299051

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

Parents Support & Discussion Group - 7:00pm.

Meeting ID: 852 3222 2414 Passcode: Parents

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

## Thursdays

“Teacher Talk” - 3:30pm.

Meeting ID: 965 9268 3401 Passcode: 538620

<https://zoom.us/j/96592683401?pwd=OG9SMnBtNnRpb1pDZVZQUzdG5XZz09>

Public Health Employees “Resiliency & Coping” Support and Discussion Group - 4:00pm.

Meeting ID: 911 7223 6441 Passcode: 934178

<https://zoom.us/j/91172236441?pwd=NzhRMG5iUC9uMnJQaEhtVHZuQTlnZz09>

Career Transitions for Young Adults During a Pandemic - 4:00pm.

Meeting ID: 953 3328 6089 Passcode: 696128

<https://rutgers.zoom.us/j/95333286089?pwd=bTJoUVc5SkcyMnNDVERhdkRmRjYrZz09>

“Decompress and Disconnect”: a drop-in group for those who work from home - 4:30pm.

Meeting ID: 963 5326 4239 Passcode: 806180

<https://zoom.us/j/96353264239?pwd=M05jcnduS3NVZHdjZjk0TUJFWnNwZz09>

Support Group for COVID-positive individuals & their loved ones - 6:00pm.

Meeting ID: 865 0178 8077 Passcode: 315414

<https://us02web.zoom.us/j/86501788077?pwd=cTJYemtVcEJGbkdkOFk5TzVvMGNkQT09>

## Fridays

Spanish-Speaking Support Group - 11:00am.

Meeting ID: 985 2934 2867 Passcode: 299051

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

LGBTQ+ Community Drop-In Group - 4:00pm.

Meeting ID: 937 5723 6552 Passcode: 727211

[https://zoom.us/j/93757236552?pwd=WThnU1Y0SzZjVThmWEFuSWY2Qmo3dz09=ZVIQYXkvU0w2W  
XhnMU16Uk5sV0pOUT09](https://zoom.us/j/93757236552?pwd=WThnU1Y0SzZjVThmWEFuSWY2Qmo3dz09=ZVIQYXkvU0w2W<br/>XhnMU16Uk5sV0pOUT09)

College Students Support Group - 5:00pm.

Meeting ID: 983 4490 8458 Passcode: 209772

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

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](http://www.mhanj.org)