

# Virtual Calendar of Free & Public Support Groups, in response to COVID-19, by MHANJ New Jersey Hope and Healing **APRIL 2022**



## Sundays

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

Meeting ID: 965 2476 8033    Passcode: 860075    Link: <https://bit.ly/SchoolNursesNJ>

## Mondays

College Students Support Group - 5:00pm.

Meeting ID: 831 9276 6664    Passcode: 191223    Link: <https://bit.ly/NJStudentSupport>

What Now? Pandemic Support Group - 7:00pm.

Meeting ID: 869 9749 6142    Passcode: 981708    Link: <https://bit.ly/WhatNowNJ>

## Tuesdays

Hanging On to Healthy Habits - 4:00pm.

Meeting ID: 864 1161 3890    Passcode: 004349    Link: <https://bit.ly/HealthyHabitsNJ>

Grupo de Apoyo en Español - 7:00pm.

Meeting ID: 840 8542 4688    Passcode: 667906    Link: <https://bit.ly/grupoNJHH>

## Wednesdays

Parents Support & Discussion Group - 7:00pm.

Meeting ID: 852 3222 2414    Passcode: Parents    Link: <https://bit.ly/ParentsGroupNJ>

## Thursdays

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

Meeting ID: 865 0178 8077    Passcode: 315414    Link: <https://bit.ly/CovidPositiveNJ>

## Fridays

Grupo de Apoyo en Español - 11:00am.

Meeting ID: 840 8542 4688    Passcode: 667906    Link: <https://bit.ly/grupoNJHH>

Strategies for Mindfulness Practice - 12:00pm.

Meeting ID: 939 5831 8783    Passcode: 138625    Link: <https://bit.ly/MindfulnessNJ>