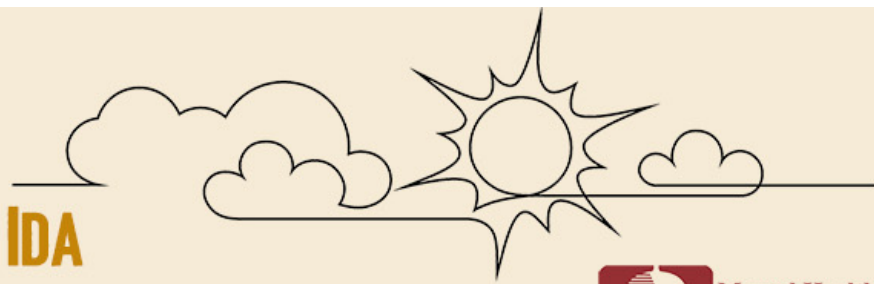


SEPTEMBER 2022

VIRTUAL PROGRAMS

FOR SURVIVORS OF HURRICANE IDA

brought to you by **NEW JERSEY HOPE AND HEALING**



Mindfulness Strategies - Mondays @ 8:00AM

Meeting ID: 939 5831 8783 Passcode: 138625 bit.ly/MindfulnessNJ

Coping With Change - Mondays @ 5:30PM

Meeting ID: 899 0946 3741 Passcode: 430631 bit.ly/3B0dL91

Stress Management - Wednesdays @ 5:00PM

Meeting ID: 899 0946 3741 Passcode: 430631 bit.ly/3B0dL91

Parenting Support - Wednesdays @ 7:00PM

Meeting ID: 852 3222 2414 Passcode: Parents bit.ly/ParentsGroupNJ

Spanish-Speaking Group - Wednesdays @ 7:00PM

Meeting ID: 840 8542 4688 Passcode: 667906 bit.ly/grupoNJHH



For Emotional Support,
Call 866.202.HELP (4357)

8AM - 8PM, Daily

Our call line is free,
anonymous, & available
7 days a week.

Se habla español.



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



**For more information on any of these programs, please contact jangelini@mhanj.org