



## **During the COVID-19 pandemic, emotional resilience is vital.**

RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.

Through a variety of virtual services, this program aims to assist those impacted by the pandemic to better adjust to their new reality, mitigate stress, review options, develop coping strategies, and, if needed, find linkages to agencies, programs, and other resources in their community.

**Call, click or email:**

**833-795- HOPE (833-795-4673)**

(7 Days a Week, 8am to 8pm)

[rwjbh.org/hopeandhealing](https://rwjbh.org/hopeandhealing)

[hopeandhealing@rwjbh.org](mailto:hopeandhealing@rwjbh.org)

# Virtual Support

Find the right group to support your needs.

## Children and Families

### Mondays at 6pm

#### Smile, Breathe, and Go: Stress Management for Kids

<https://link.zixcentral.com/u/7f454d47/KnJPqU5X6xGRAkTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F8379987908%3Fpwd%3DTmU0THdVZ20xcmJtRXZZWWs5QXA4UT09%A0;>

1 (929) 205-6099

Meeting ID: 837 998 7908 Passcode: 340982



### Tuesdays at 7pm

#### From Stuck to Soaring: Stress Management for Teens

<https://link.zixcentral.com/u/14a15062/sgdQqU5X6xGMikTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F8379987908%3Fpwd%3DNmxVQm93ZfVaMG1CMTIxREZheGJXdz09%A0;>

1 (929) 205-6099

Meeting ID: 837 998 7908 Passcode: 008654

### Wednesdays at 4:30pm

#### Bored in the House: Youth Hangout (Ages 14-18)

<https://link.zixcentral.com/u/2772976a/5Kg2qU5X6xGuGkTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F94732149652%3Fpwd%3DL3BEUTZBR004dnRpNmdkYnRQMWdvdz09>

1 (929) 205-6099

Meeting ID: 947 3214 9652 Passcode: 726468

### Wednesdays at 8pm

#### Supporting Families: Group for Parents and Caregivers

<https://link.zixcentral.com/u/36030467/wtQ2qU5X6xGVckTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F96390553396%3Fpwd%3DSm9HUzE4cXk5WEhqbWt4Nl0ybDYrQT09>

1 (929) 205-6099

Meeting ID: 963 9055 3396 Passcode: 522856

## First Responders

### Mondays at 8pm

#### Our Responders First

<https://link.zixcentral.com/u/827a9cdc/zv82qU5X6xG5n0TShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F96728363218%3Fpwd%3DRGJnaERoemZHYkdJcVdmTUFETUhmZz09>

1 (929) 205-6099

Meeting ID: 967 2836 3218 Passcode: 237887

### Wednesdays at 4pm



### **Our Responders First**

<https://link.zixcentral.com/u/967371a2/mik3qU5X6xGudETShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F98149039590%3Fpwd%3DT1Nld013Si9qcmRHNFdyZjZSbUo0QT09>

1 (929) 205-6099

Meeting ID: 981 4903 9590 Passcode: 898906

### **Thursdays at 9am**

#### **Our Responders First**

<https://link.zixcentral.com/u/fc2f2aaf/zFE3qU5X6xGa60TShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F98859725166%3Fpwd%3DQIZSK3lkVzFLVWQ4NjY5dDZMS05hdz09>

1 (929) 205-6099

Meeting ID: 988 5972 5166 Passcode: 835069

## **Healthcare & Frontline Workers**

### **Mondays at 10am**

#### **Coffee Talk**

<https://link.zixcentral.com/u/68dff7d5/JHw3qU5X6xGZc0TShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F93247469703%3Fpwd%3DK3Y3NVdBcnQ5eHhNMWhRUVJVektGdz09>

1 (929) 205-6099

Meeting ID: 932 4746 9703 Passcode: 374382

### **Wednesdays at 12pm**

#### **Healthy Steps**

<https://link.zixcentral.com/u/d2f77dbf/jKU3qU5X6xGTwETShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F93438473384%3Fpwd%3DZmFOT1RaWFZieWJWSTh3eWxzMy9GUT09>

1 (929) 205-6099

Meeting ID: 934 3847 3384 Passcode: 115807

### **Thursdays at 4pm**

#### **Happy Hour**

[https://link.zixcentral.com/u/edbfaf08/NFw9qU5X6xG\\_SUTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F95697045483%3Fpwd%3DWTJYSGNwZ0I4N21TanFVSIFwUUMxZz09](https://link.zixcentral.com/u/edbfaf08/NFw9qU5X6xG_SUTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F95697045483%3Fpwd%3DWTJYSGNwZ0I4N21TanFVSIFwUUMxZz09)

1 (929) 205-6099

Meeting ID: 956 9704 5483 Passcode: 774386

### **Thursdays at 6:30pm**

#### **Evening Stretch**

<https://link.zixcentral.com/u/ab2520ba/Uo49qU5X6xGPcUTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F92346743608%3Fpwd%3DNGV3WTBjeWdEQlhjcmxxc2NwY3FUT09>

1 (929) 205-6099

Meeting ID: 923 4674 3608 Passcode: 479491



## Individuals in Recovery

### Daily All Recovery Meetings

All Recovery virtual meetings provide social support for those seeking or maintaining recovery, as well as family members, friends and supporters of those who have been influenced by substance use.

[Click here for full schedule](#)



### Mondays at 10am

#### Spiritual Healing in Recovery

<https://link.zixcentral.com/u/1e9af6b2/HLo9qU5X6xGSFkTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F94938033159%3Fpwd%3Dv3l2z3y5k0fXOXntMS9qNGh1SFVmQT09>

1 (929) 205-6099

Zoom Meeting ID: 949 3803 3159 Passcode: 934578

### Tuesdays at 10 am

#### Silver Lining for All Recovery Wellness

<https://link.zixcentral.com/u/ca9df4d1/vuU9qU5X6xGWQ0TShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F92180054325%3Fpwd%3DSzIzWEtZbmJESjJQQW9BaTRFbTBndz09>

1 (929) 205-6099

Zoom Meeting ID: 921 8005 4325 Passcode: healing

### Tuesdays at 4pm

#### Women in Recovery: Self-Care and Resiliency

[https://link.zixcentral.com/u/e5a84bf5/0BQ\\_qU5X6xGvDkTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F99774317630%3Fpwd%3DRnUyenRKQUUxOEw3cVJHdEY3Zm1vdz09](https://link.zixcentral.com/u/e5a84bf5/0BQ_qU5X6xGvDkTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F99774317630%3Fpwd%3DRnUyenRKQUUxOEw3cVJHdEY3Zm1vdz09)

1 (929) 205-6099

Meeting ID: 997 7431 7630 Passcode: 384719

### Wednesdays at 4pm

#### Recovery Support

[https://link.zixcentral.com/u/2ca6fd9f/dD4\\_qU5X6xGmMETShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F99017253565%3Fpwd%3DMGFuMUhBZWdFc205dVRhYXF6c014Zz09](https://link.zixcentral.com/u/2ca6fd9f/dD4_qU5X6xGmMETShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F99017253565%3Fpwd%3DMGFuMUhBZWdFc205dVRhYXF6c014Zz09)

1 (929) 205-6099

Meeting ID: 990 1725 3565 Passcode: 269916

### Wednesdays at 6pm

#### Bridges: Family Support Group

[https://link.zixcentral.com/u/30af95fc/9Gg\\_qU5X6xGMHUTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F92855229552%3Fpwd%3DZUJBK3Y0bDFLaXB4Q25vQ3JMSFJODz09](https://link.zixcentral.com/u/30af95fc/9Gg_qU5X6xGMHUTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F92855229552%3Fpwd%3DZUJBK3Y0bDFLaXB4Q25vQ3JMSFJODz09)

1 (929) 205-6099

Zoom Meeting ID: 928 5522 9552 Passcode: 797 941

### Thursdays at 10 am

#### Holistic Wellness for Physical and Emotional Well-being

[https://link.zixcentral.com/u/cf7b888d/tJQ\\_qU5X6xG\\_IETShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F92005110513%3Fpwd%3DVUhnQ2FQa2l3aXVjQkIKcHQ2WjJqZz09](https://link.zixcentral.com/u/cf7b888d/tJQ_qU5X6xG_IETShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F92005110513%3Fpwd%3DVUhnQ2FQa2l3aXVjQkIKcHQ2WjJqZz09)

1 (929) 205-6099

Zoom Meeting ID: 920 0511 0513 Passcode: healing

**Thursdays at 4pm**

**Women in Recovery: Self-Care and Resiliency**

<https://link.zixcentral.com/u/a7dee6c0/BFZBqU5X6xGppETShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F92113019522%3Fpwd%3DcnU0YnByaGFBejJOUIVUY1lqeUdHZz09>

1 (929) 205-6099

Meeting ID: 921 1301 9522 Passcode: 787666

**Fridays at 10:30am**

**Wellness Toolbox**

<https://link.zixcentral.com/u/cceabfef/rIVBqU5X6xGQ2kTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F99527277514%3Fpwd%3DK1QzaStldkZGditlb3IWc1VYQ2VOU09>

1 (929) 205-6099

Meeting ID: 995 2727 7514 Passcode: healing

**Fridays at 4pm**

**Spiritual Healing in Recovery**

<https://link.zixcentral.com/u/1e9af6b2/HLo9qU5X6xGSFkTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F94938033159%3Fpwd%3DV3l2Z3Y5K0FXOXNtMS9qNGh1SFVmQT09>

1 (929) 205-6099

Zoom Meeting ID: 949 3803 3159 Passcode: 934578

**Seniors**

**Tuesdays at 3pm**

**Coping with Change**

<https://link.zixcentral.com/u/90c19dbd/ZNxBqU5X6xGh2kTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F97426759376%3Fpwd%3Demh4NVBxQkhORDk2VGhybDh1aHVYUT09>

1 (929) 205-6099

Meeting ID: 974 2675 9376 Passcode: 275889

**Wednesdays at 10am**

**Coping with Change**

<https://link.zixcentral.com/u/39a9c024/oAICqU5X6xGkk0TShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F92508417386%3Fpwd%3DRUFbZmhrUms0R08zOFgwbjZtTUZBdz09>

1 (929) 205-6099

Meeting ID: 925 0841 7386 Passcode: 871829

**Thursdays at 10am**

**Coping with Change**

<https://link.zixcentral.com/u/074baab7/MjZCqU5X6xGafkTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F93629625609%3Fpwd%3DNWhUQTAYzZhlA0dPb0YwZPhiUnZxdz09>

1 (929) 205-6099

Meeting ID: 936 2962 5609 Passcode: 202710



**Fridays at 3pm**  
**Coping with Change**

<https://link.zixcentral.com/u/831b838d/3mFCqU5X6xGj0UTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F95709779459%3Fpwd%3DbG1Fd3JGa3U1RDBSWjJFQzBwc2E1dz09>

1 (929) 205-6099

Meeting ID: 957 0977 9459 Passcode: 542469



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by RWJBarnabas Health Institute for Prevention and Recovery in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.