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
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/7145d47/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%3DSm9HUzE4cXk5WEhqbWt4NloybDYrQT09
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%3DcRgJnaERoemZHYkdJcVdmTUFETUhmZz09;
1 (929) 205-6099
Meeting ID: 967 2836 3218 Passcode: 237887

Wednesdays at 4pm
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<tr>
<th>Event</th>
<th>Time</th>
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<td><strong>Thursdays at 9am</strong></td>
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<td><strong>Our Responders First</strong></td>
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<td>1 (929) 205-6099, Meeting ID: 988 5972 5166 Passcode: 835069</td>
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**Healthcare & Frontline Workers**

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<tr>
<td><strong>Mondays at 10am</strong></td>
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<td><strong>Coffee Talk</strong></td>
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<td>1 (929) 205-6099, Meeting ID: 932 4746 9703 Passcode: 374382</td>
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<td><strong>Wednesdays at 12pm</strong></td>
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<td><strong>Healthy Steps</strong></td>
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<td>1 (929) 205-6099, Meeting ID: 934 3847 3384 Passcode: 115807</td>
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<td><strong>Thursdays at 4pm</strong></td>
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<td><strong>Happy Hour</strong></td>
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<td><strong>Thursdays at 6:30pm</strong></td>
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<td><strong>Evening Stretch</strong></td>
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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/1e9a66b2/HL09gU5x6xGSFkTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F94938033159%3Fpwd%3DV3I2Z3Y5K0FXOXNtMS9qNGh1SFVmQT09
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%3DSzlzWEtZbmJESjJQQW9BaTRFbTBndz09
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/e6a84bf5/0BQ_qu5X6xGvDkTShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F99774317630%3Fpwd%3DRnUyenRKQUxOEw3cVJHdEY3Zm1vdz09
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
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%3DZUJBK3Y0bDFLaXB4Q25vQ3JMSFJOdZz09
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_IEfShnsoMg?u=https%3A%2F%2Fzoom.us%2Fj%2F92005110513%3Fpwd%3DVUhnQ2Fqa2I3aXViQklKcHQ2WjJgZz09
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/BJFBqU5X6xGppETShnsoMg?u=https%3A%2F%2Fzoom.us%2Ff%2F9211301952%3Fpwd%3DcnU0YnByaGFBemJOUlVUY1lqeUDHZz0g  
1 (929) 205-6099  
Meeting ID: 921 1301 9522 Passcode: 787666

**Fridays at 10:30am**  
**Wellness Toolbox**  
https://link.zixcentral.com/u/cceablef/rlVBqU5X6xGQ2kTShnsoMg?u=https%3A%2F%2Fzoom.us%2Ff%2F995527277514%3Fpwd%3DK1QzaStldkZGditb3lWc1VYQ2VOUT09  
1 (929) 205-6099  
Meeting ID: 995 2727 7514 Passcode: healing

**Fridays at 4pm**  
**Spiritual Healing in Recovery**  
https://link.zixcentral.com/u/e9af6b2/HLo9qU5X6xGSFkTShnsoMg?u=https%3A%2F%2Fzoom.us%2Ff%2F94938033159%3Fpwd%3DV3I2Z3Y5K0FXONfSm9Ng1SFVMQT09  
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%2Ff%2F97426759376%3Fpwd%3DEmh4NVBxQkhORDk2VGhybDh1aHVVUT09  
1 (929) 205-6099  
Meeting ID: 974 2675 9376 Passcode: 275889

**Wednesdays at 10am**  
**Coping with Change**  
https://link.zixcentral.com/u/39a9c024/oAlCqU5X6xGkk0TShnsoMg?u=https%3A%2F%2Fzoom.us%2Ff%2F92508417386%3Fpwd%3DURUFZmhrUms0R0zOFqwbiZTU2Bdz0g  
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%2Ff%2F93629625609%3Fpwd%3DUNWhUQTAyZzhla0dpb0YwZFlUnZxdz0g  
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.