



NJ Hope and Healing at the Family Service Bureau of Newark is available to assist communities affected by COVID-19. We are a neighbor helping neighbor team providing the following services:



## July 2021 Events

NEW      
COMMUNITY

**Tuesdays @ 10am: Stress Management Techniques**



**Tuesdays @ 7pm: ASL Virtual Drop In**



**Wednesdays @ 12pm: Self-Care**



**Thursdays @ 10:30 am: Grupo de Apoyo**



Click the Zoom Icon for access or go to [fsbnjhh.eventbrite.com](https://fsbnjhh.eventbrite.com) to access the Zoom Link

**On-Call Support Monday-Friday: 9am to 5pm @ 973-272-7488**

**Text Support @ 973-980-4964**

**Email [FSBNJHH@newcommunity.org](mailto:FSBNJHH@newcommunity.org) to schedule workshops for staff and students.**



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Family Service Bureau of Newark 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.