



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:

NEW      
COMMUNITY

## Virtual Events

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

### Feb. 1st

**7pm: Stress Management**  
ID: 994 0683 7644  
Passcode: Stress



### Feb. 2nd

**3pm: Anxiety**  
ID: 986 3473 5090  
Passcode: Anxiety



### Feb. 3rd

**11:30am: Grief**  
ID: 976 7226 6183  
Passcode: Grief



**3pm: Nurturing Healthy Relationships**  
ID: 988 5738 0742  
Passcode: Nurture



**6pm: Anger Management**  
ID: 976 0468 6048  
Passcode: Anger



### Feb. 4th

**12pm: Stress Management**  
ID: 962 1417 7644  
Passcode: Stress



**3pm: Emotional Intelligence**  
ID: 996 9769 5096  
Passcode: Emotion



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

