



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

## Free Virtual Events

### March 1st

**1pm: Self-Care**  
**ID: 997 5592 7113**  
**Passcode: Self**



**7pm: Stress Management**  
**ID: 986 9243 7213**  
**Passcode: Stress**



### March 3rd

**11am: Grief**  
**ID: 971 8315 3318**  
**Passcode: Grief**



**3pm: Emotional Intelligence**  
**ID: 924 6487 5049**  
**Passcode: Emotion**



### March 4th

**6pm: Grief**  
**ID: 971 3706 5621**  
**Passcode: Grief**



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



Email [FSBNJHH@newcommunity.org](mailto:FSBNJHH@newcommunity.org) to  
schedule workshops for your  
organization.

