

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:



# **Free Virtual Events**

#### March 21st

12:30pm: Stress Management

ID: 990 7371 3126 Passcode: Stress



7pm: Mindfulness ID: 940 6568 8551 Passcode: 725570

#### March 22nd

3pm: Manejo del Estrés

ID: 990 0737 9012 Passcode: Estres

6pm: Self-Care ID: 985 8427 2983 Passcode: Self March 23rd

6pm: Grief ID: 979 0743 5424 Passcode: Grief

### <u>March 25th</u>

6pm: Anxiety ID: 935 1901 1567 Passcode: Anxiety



## March 24

11am: Grief ID: 980 6069 1396 Passcode: Grief



1pm: Self-Care ID: 967 7982 5426 Passcode: Self

3pm: Emotional Intelligence ID: 941 3816 9880 Passcode: Emotion

Email FSBNJHH@newcommunity.org to schedule workshops for your organization.

Click the Zoom Icon for access or go to fsbnjhh.eventbrite.com to access the Zoom Link



his 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 collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.