



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



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



March 25th

6pm: Anxiety

ID: 935 1901 1567
Passcode: Anxiety



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

