

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



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