



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

April 26

April 27

April 28

1:00pm Self Care
ID: 821 9611 7923
Passcode: Self

6:00pm Self Care
ID: 868 9085 4276
Passcode: Self

11:00am Grief
ID: 822 5969 3769
Passcode: Greif

5:30pm Stress
Management
ID: 839 4343 0175
Passcode: Stress



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



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