



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 12

6:00pm Self Care

ID: 883 5073 1405

Passcode: Self

April 14

1:30pm Self Care

ID: 880 7768 7261

Passcode: Self

April 19

3:00pm Duelo (Grief)

ID: 835 9535 5684

Passcode: Grief

April 21

1:00pm Self Care

ID: 868 9085 4276

Passcode: Self

6:00pm Stress

Management

ID: 821 7190 1115

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.