



NJ Hope and Healing at 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

May 24<sup>th</sup>

11am Anxiety  
ID: 843 0635 4842  
Passcode: Anxiety

May 24<sup>th</sup>

1pm: Self Care  
ID: 893 1320 5636  
Passcode: Self

May 25<sup>th</sup>

6pm Stress Management  
ID: 891 2363 4730  
Passcode: Stress

May 26<sup>th</sup>

11am Grief  
ID: 826 8056 4767  
Passcode: Grief



Email [FSBNJHH@newcommunity.org](mailto: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 Addiction Services and is funded through a FEMA/SAMHSA grant.

