



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 31<sup>st</sup>

1pm: Self-Care  
ID: 860 8532 3594  
Passcode: Self

June 1<sup>st</sup>

6pm: Stress Management  
ID: 841 6027 2186  
Passcode: Stress



June 2<sup>nd</sup>

10am: Grief  
ID: 816 1311 1263  
Passcode: Grief

June 2<sup>nd</sup>

11am: Self-Care  
ID: 853 5331 4298  
Passcode: Self

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.

