

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

## June 13<sup>th</sup>

1pm: Self-Care

ID: 829 9467 7839

Passcode: Self

#### June 14<sup>th</sup>

11am: Grief

ID: 881 9583 9010

Passcode: Grief

Enter the ID
number for the
presentation you
wish to join at:
<a href="https://zoom.us/join">https://zoom.us/join</a>

## June 15<sup>th</sup>

5pm: Anxiety

ID: 868 6302 3281

Passcode: Anxiety

# June 16th

6pm: Self-Care

ID: 872 1805 0773

Passcode: Self

This program will be ending on June 22, 2022. Please continue to utilize local organizations for your group needs.



