



Catholic Charities NJ Hope and Healing October 2021 Virtual Calendar

For more information to receive crisis counseling services pertaining to COVID-19, call 732-204-6510 or email at hopeandhealing@ccdom.org

Mondays

Oct. 4th, 18th, 25th Meditation Monday - 4:30 pm Meeting ID 874 3591 8102

<https://us06web.zoom.us/meeting/register/tZMpdOyhrzMrGtZhOq7m2MJvMk2z3rK0muBE>

Oct. 4th, 18th, 25th Namaste Meditation (in Spanish and English) - 12 pm Meeting ID is 919 5690 9599

<https://zoom.us/meeting/register/tJUkcu-hrjIvE91T0rHcLTXU+U067WNUPqpd>

Oct. 4th, 18th, 25th Virtual Teen Hangout - 4 pm Meeting ID 995 4434 1381 Passcode: 700741

<https://zoom.us/j/99544341381?pwd=VW9xTjlwaHZoK3FYdnRhbUNWUXFDdz09>

Tuesdays

Oct. 5th Self-Care; Oct. 12th Lifestyle & Time Management; Oct. 19th Relaxation; Oct. 26th Happiness - Tipster Tuesday - 4 pm Meeting ID 857 4333 8526

<https://us06web.zoom.us/meeting/register/tZEqc-qrrTMvGNL4H7AnQ6IATEoi18UiKbEQ>

Oct. 5th, 12th, 19th, 26th Slam Jam - 12 pm Meeting ID is 928 5000 0387

<https://zoom.us/meeting/register/tJYlcumorjSpEtORxbmhF9iJ9A3IPTchJT4t>

Oct. 5th, 12th, 19th, 26th Coping with Grief - 7 pm Meeting ID is 953 616 00405 <https://zoom.us/j/95361600405>

Wednesdays

Oct. 6th Mindfulness - 4:30 pm Meeting ID 830 3213 9159

<https://us06web.zoom.us/meeting/register/tZctdOuprTIRH92GWLs9kMq0AENQWitQyd02>

Oct. 6th, 13th, 20th, 27th - 12 pm Wednesday Wellness Workshop Meeting ID 932 2196 8329

<https://zoom.us/j/93221968329?pwd=UUJuvFEreTZRL3dpbWV5TzBvazNUQT09>

Oct. 6th & 20th Family Support Group - 4:30 pm Meeting ID 950 0527 2191 Passcode 798895

<https://zoom.us/j/95005272191?pwd=RmRPTm9kMS+MU0JHMTBaVTZ4L3ZOdz09>

Oct 20th Mixxedfit with Esh!! - 4:30 pm Meeting ID 854 9810 7767

<https://us06web.zoom.us/meeting/register/tZEpfuGprjwHNMH3W7x1aqvD2KLwrLvDml8>

Thursdays

Oct. 7th, 14th, 21st, 28th Finding Self-Love (in Spanish and English) - 12 pm - Meeting ID is 928 0511 8102

<https://zoom.us/meeting/register/tJYld-yprzMrGtZhtT7mLQdelf196lWjwiKG>

Oct. 7th, 14th, 21st, 28th Thankfulness Thursdays: Expressing Gratitude - 6 pm Meeting ID 992 1046 7771

<https://zoom.us/j/99210467771?pwd=eTJXdzh0MIZRdVfidXVza0pxOEF+UT09>

Oct. 7th & 21st The Golden Hour Senior Support Group - 9:30 am Meeting ID 961 9918 0869 Passcode 452033

<https://zoom.us/j/96199180869?pwd=cnJVMFJhWXJPSXRdcUJ5Kzq4dGR2QT09> by phone 1 929 436 2866 (NY)

Oct. 14th & 28th Caring for Ourselves During Challenging Times - 7 pm Meeting ID 973 5134 9115

<https://zoom.us/j/97351349115>

Fridays

Oct. 1st Charades; Oct. 8th Kids/Family Trivia; Oct. 15th Match Game; Oct. 22nd Fall Trivia; Oct. 29th Family Halloween Craft - Family Fun Day - 4:30 pm Meeting ID 828 7265 5022

<https://us06web.zoom.us/meeting/register/tZYlcOuuqz4qGNahkFCTW2dbrp8qYrgFr7yi>

This program is brought to you through the NJ Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Catholic Charities of NJ in collaboration with the NJ Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.