



Catholic Charities NJ Hope and Healing December 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
CLICK LINK TO REGISTER or dial in at 1 929 205 6099

Mondays

Dec. 6th, 13th Meditation Monday - 4:30 pm Meeting ID 874 3591 8102

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

Dec. 6th, 13th, 20th, 27th Namaste Meditation (in Spanish and English) - 12 pm Meeting ID 919 5690 9599

<https://zoom.us/meeting/register/tJUkcu-hrjIvE91T0rHcLTXUtU067WNUPqpd>

Dec 6th, 13th, 20th Virtual Teen Hangout - 4 pm Meeting ID 995 4434 1381 Passcode: 700741

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

Tuesdays

Dec. 7th Health; Dec. 14th Mindfulness; - Tipster Tuesday - 4 pm Meeting ID 857 4333 8526

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

Dec. 7th, 14th, 21st, 28th Slam Jam - 12 pm Meeting ID 928 5000 0387

<https://zoom.us/meeting/register/tJYlcomorjSpEtORxbmhF9iJ9A3IPTchJT4t>

Dec. 7th, 14th, 21st, 28th El poder del Agradecimiento Durante Tiempos Dificiles- 7 pm Meeting ID 929 0619 0658

<https://zoom.us/j/92906190658>

Wednesdays

Dec. 1st & 15th Family Support Group - 4:30 pm Meeting ID 950 0527 2191 Passcode 798895

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

Dec. 1st, 8th, 15th, 22nd, 29th - 5 pm Meeting ID 974 8080 1451 Passcode: 343456

<https://zoom.us/j/97480801451?pwd=NUdJeDUyRGQwcy9FbUFGTzBucGtrdz09>

Dec. 8th Mixxedfit with Esh!! - 4:30 pm Meeting ID 821 0104 8646

<https://us06web.zoom.us/meeting/register/tZYsd-iogjMsHtKqchQv8T9Gz6pxwQWTK8-e>

Thursdays

Dec. 2nd, 9th, 16th, 23rd Finding Self-Love (in Spanish and English) - 12 pm Meeting ID 928 0511 8102

<https://zoom.us/meeting/register/tJYld-yprzMrGtZhtT7mLQdeIF196lWjwiKG>

Dec. 2nd, 9th, 16th, 23rd, 30th Let's Talk About Self Care-Expressing Affirmations - 6 pm Meeting ID 921 9232 0942

<https://zoom.us/j/92192320942?pwd=TWMxQXhwQ2xBMDhGMkxOK2hyMU5OQT09>

Dec. 2nd & 16th 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)

Fridays

Dec. 3rd, Pictionary; Dec. 10th Family Feud - Family Fun Day - 4:30 pm Meeting ID 828 7265 5022

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