

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

CLICK LINK TO REGISTER or dial in at 1 929 205 6099

Mondays

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

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

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

<https://zoom.us/meeting/register/tJUkcu-hrjIvE91TOrHcLTXU+U067WNUPqpd>

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

<https://zoom.us/j/99544341381?pwd=VW9xTjIwaHZoK3FYdnRhbUNWUXFDdz09>

Tuesdays

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

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

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

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

Coping with Grief (Eng & Span) - 7 pm Oct. 5th, 12th, 19th, 26th Meeting ID is 953 616 00405

<https://zoom.us/j/95361600405>

Wednesdays

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

<https://us06web.zoom.us/meeting/register/tZctdOuprTlRH92GWLs9kMq0AENQWitQyd02>

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

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

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

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

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

<https://us06web.zoom.us/meeting/register/tZepfuGprjwHNMH3W7x1agvD2KLwrLvDml8>

Thursdays

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

<https://zoom.us/meeting/register/tJYld-yprzMrGtZhtT7mLQdelF196lWjwiKG>

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

<https://zoom.us/j/99210467771?pwd=eTJXdxh0MIZRdVFidXVza0pxOEF+UT09>

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

<https://zoom.us/j/96199180869?pwd=cnJVMFJhWXJPSXRdCUJ5Kzq4dGR2QT09> by phone 1 929 436 2866 (NY)

Caring for Ourselves During Challenging Times - 7:00pm Oct. 14th & 28th Meeting ID 973 513 49115

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

Fridays

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