



Catholic Charities NJ Hope and Healing January 2022 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

January 3rd, 10th, 24th, 31st Namaste Meditation (in Spanish and English) - 12 pm Meeting ID 832 3989 1157

https://us06web.zoom.us/meeting/register/tZcvdOCqzporH9M3o1mjurLVP6TqR_IrZitU

January 3rd, 10th, 24th, 31st Slam Jam: Listen to Music and Read Poetry Fun - 12:30 pm Meeting ID 894 7484 7234

<https://us06web.zoom.us/meeting/register/tZ0pcO2qqjwoGdAayOcwK24mxTOcmwQ39cam>

January 3rd, 10th, 24th, 31st Virtual Teen Hangout - 4 pm Meeting ID 995 4434 1381 Passcode: 700741

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

January 3rd, 10th, 24th, 31st Meditation Monday - 4pm Meeting ID 817 2206 9413

<https://us06web.zoom.us/meeting/register/tZUqdeuoqDIuG9fk1yyOWTepQ+9hfUEst3UP>

Tuesdays

Jan 4th Exercise, 11th Organization, 18th Mindfulness, 25th Relaxation Tipster Tues- 4pm Meeting ID 834 0881 8793

<https://us06web.zoom.us/meeting/register/tZcpd-GgrzMtE9fVqKxV5ISbaBtw37oTI2X1>

Jan. 4th, 11th, 18th, 25th El poder del Agradecimiento Durante Tiempos Dificiles - 7 pm Meeting ID 929 0619 0658

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

Wednesdays

January 5th & 19th Family Support Group - 4:30 pm Meeting ID 950 0527 2191 Passcode 798895

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

January 5th, 12th, 19th, 26th, Quote Club - 5 pm Meeting ID 974 8080 1451 Passcode: 343456

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

January 12th - Workout with ESH!! - 4:30 pm Meeting ID 829 1198 9926

<https://us06web.zoom.us/meeting/register/tZYkduihpjIjGNKHyUI7-J3PQ3ddpHy2vlgU>

Thursdays

January 6th, 13th, 20th, 27th Finding Self-Love (in Spanish and English) - 12 pm Meeting ID 823 9359 4708

https://us06web.zoom.us/meeting/register/tZYufuqtpz8tGtyEzD6vF9uSLOqi2ukK_eE2

January 6th, 13th, 20th, 27th, Let's Talk About Self Care-Expressing Affirmations - 6 pm Meeting ID 921 9232 0942

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

January 6th & 20th the Golden Hour Senior Support Group - 9:30 am Meeting ID 961 9918 0869 Passcode 452033

<https://zoom.us/j/96199180869?pwd=cnJVMFJhWXJPSXRdcUJ5Kzg4dGR2QT09> by phone 1 929 436 2866 (NY)

Fridays

Jan. 7th Match Game, 14th Pictionary, 21st Jeopardy, 28th Bingo Family Fun Day - 4pm Meeting ID 897 1559 0176

<https://us06web.zoom.us/meeting/register/tZ0qduytpzsrHdJCHRxwn5v28tIQfQ5tEqtr>

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.