

Weekly Support Groups

<p>Monday</p>	<p>10am: Mind-Body-Spirit Mindfulness Zoom Link +1 929 205 6099 ID: 886 8496 2495 Passcode: 332332 6pm: Self-Compassion Zoom Link +1 929 205 6099 ID: 830 1760 4507 Passcode: 700587</p>
<p>Tuesday</p>	<p>4pm: Resilience Zoom Link +1 929 205 6099 ID: 810 4658 1003 Passcode: 911820</p>
<p>Wednesday</p>	<p>12pm: Wellness Wednesdays Zoom Link +1 929 205 6099 ID: 895 9356 9520 Passcode: 572465 7pm: Evening Wind Down- Relax Together Zoom Link +1 929 205 6099 ID: 846 6073 5466 Passcode: 309083</p>
<p>Thursday</p>	<p>6pm: Resilience Zoom Link +1 929 205 6099 ID: 827 0523 9842 Passcode: 039781 6pm: Post-COVID Care: Long Haulers Support Zoom Link +1 929 205 6099 ID: 856 2283 5909 Passcode: 786666</p>
<p>Friday</p>	<p>11am: Happy Hour of Hope & Healing Zoom Link +1 929 205 6099 ID: 873 9993 5481 Passcode: 155725</p>

RWJBarnabas Health Institute for Prevention and Recovery’s Hurricane Ida Aftermath Services offer **emotional support, education, and community-based resources** for individuals and families affected by the aftermath of the **Hurricane Ida**. The program aims to assist those impacted by the Ida storm to better **navigate new experiences, mitigate stressors, review options and find strategies to adapt to challenges**. We provide connections to agencies, programs, and other resources in the community.

