



Back safe, together.

As we reunite with family and friends and rejoin our communities, activities and social gatherings after being isolated, the long-awaited opportunities present many hesitations, anxieties to overcome and adjustments to make. We are here to assist in transitioning back to our post-pandemic lives offering emotional support, ideas, solutions and to connect with other Seniors sharing similar thoughts. Our groups offer a place to engage with others, make new friends and learn new things!

RWJBarnabasHealth Institute for Prevention and Recovery's Hope and Healing Program offers meetings just for Seniors. We offer **four FREE meetings** a week with **no registration necessary**. Join us for one or all days!

Tuesdays at 3pm

<https://zoom.us/j/97426759376?pwd=emh4NVBxQkhORDk2VGhybDh1aHVYUT09>

1 (929) 205-6099 Meeting ID: 974 2675 9376 Passcode: 275889

Wednesdays at 10am

<https://zoom.us/j/92508417386?pwd=RUFbZmhrUms0R08zOFgwbiZtTUZBdz09>

1 (929) 205-6099 Meeting ID: 925 0841 7386 Passcode: 871829

Thursdays at 10am

<https://zoom.us/j/93629625609?pwd=NWhUQTAYzZlha0dpb0YwZFhiUnZxdz09>

1 (929) 205-6099 Meeting ID: 936 2962 5609 Passcode: 202710

Fridays at 3pm

<https://zoom.us/j/95709779459?pwd=bG1Fd3JGa3U1RDBSWjJFQzBwc2E1dz09>

1 (929) 205-6099 Meeting ID: 957 0977 9459 Passcode: 542469

Call: **833-795-HOPE (833-795-4673)**

Email: hopeandhealing@rwjbh.org

Visit: rwjbh.org/hopeandhealing

**Institute for
Prevention
and Recovery**

**RWJBarnabas
HEALTH**



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by RWJBarnabas Health Institute for Prevention and Recovery in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

