

MARCH 2023

Weekly Virtual Support Groups

Click the link under each group or enter the Meeting ID and passcode into Zoom to join!

MONDAYS

Breathing/Chair Yoga

11:30am - 12:00pm

Hosted by RWJBH

[Click here to join](#)

Meeting ID: 883 2621 9137

Passcode: Breathe

Let's Talk About Self-Care!

3:00pm - 3:30pm

Hosted by RWJBH

[Click here to join](#)

Meeting ID: 828 8233 1960

Passcode: Breathe

THURSDAYS

Stretching, Laughing & Relaxing with Yoga Jen

12:00pm - 12:30pm

Hosted by MHANJ

[Click here to join](#)

Post-COVID Care: Long Haulers Support

6:00pm - 7:00pm

Hosted by RWJBH

[Click here to join](#)

Meeting ID: 879 3246 1761

Passcode: Breathe

Monday through Friday

8:50am - 9:00am

Join RWJBarnabas Health Institute for Prevention and Recovery for a **10-minute** check-in, stretch and breathing session to jumpstart your day!



[Click Here](#)
or scan the
QR code to join

Meeting ID: 873 2340 0940

Passcode: BREATHE
+1 929 205 6099

SPECIAL EVENT OPEN CHAT FORUM

WEDNESDAY, MARCH 15TH @ 7:00PM

Come join the Hope for Health team and let us know how you're doing! The public health workforce has faced many challenges and stressors during COVID19. Come share with us what has and hasn't worked for you in maintaining your emotional wellness and building resiliency! Let's share and support each other during this unprecedented time.

Scan the
QR code to
register



The New Jersey Department of Health (NJ DOH) was awarded the CDC NJ COVID Disparities Grant to promote resilience and sustainability of the NJ DOH public health workforce as a result of the pandemic. DOH has awarded NJDHS funding for the Hope for Health project.

