

JOIN UNITED BY WELLNESS FOR THE HOLIDAYS

Thursday December 23, 2021

10am Employment Wellness
10:30am Depression & Anxiety
11am Staying Active in Isolation
12pm Moms
1pm Eating healthy & Exercise
2pm Grupo De Bienstar
3pm Coping Skills
6pm Rising minds
6pm Employment wellness
6pm Mat
7pm Grief
7pm Not Fearing Fear

Friday December 24, 2021

11am Lets Have Some Laughs
12pm Winter Wonder Wellness
1pm Movie Group
2pm Grupo De Bienestar
2pm Holiday Unwrapped
3pm Holiday Hangout
5pm Unwrap Your Creativity
6pm M2ME's Holiday Party

Saturday December 25, 2021

9am Morning Holiday Breakfast
10am Home for the Holidays
10am Gentle Movements
11am Hacer Todas Las Cosas con Amor
11am Christmas Jamboree
12pm Winter Wonder Wellness
1pm Favoritest Things
2pm Coffee on Christmas
4pm – 9pm Recovery & Wellness
Marathon Support Group

Sunday December 26, 2021

10am Britt
1pm A Walk Down
Memory Lane
2pm Art of letting go
4pm Got Stress
7:15pm Meditation

Friday December 31, 2021

11am – 12pm: Lets Have Some Laughs
12pm-1pm What's on your mind?
1pm-3pm Movie Group
2pm-3pm Grupo De Bienestar
2pm – 3pm: Holiday Unwrapped
3pm-4pm New Year's Eve reflection group
6pm – 9pm: M2ME's Rockin NYE Party

Saturday January 1, 2022

10am-11am Peace for Today
11am – 12pm: Grief & Loss... And the New Year
11am-12pm Hacer Todas Las Cosas con Amor
12pm-1pm Book Club
1pm-2pm Home for the Holidays
1pm – 2:30pm: On My Journey
4pm-5pm Looking ahead with intention

Sunday January 2, 2022

11am meditation
12pm Sunday Recovery
2pm creativity unleashed
4pm Got Stress?
6:30pm All Recovery
6:30pm Strong Mind
7:15PM Meditation

UBW will provide groups as scheduled on December calendar besides the holiday schedule highlighted in this video



**To join the groups
Become a member today**

<https://www.surveymonkey.com/r/8VXP2K8>



WWW.MHAAC.INFO/UBW



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