



MENTAL HEALTH ASSOCIATION ATLANTIC COUNTY NEWSLETTER



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WHAT IS THE COMMUNITY ADVOCATES PROGRAM?



- ✓ COMMUNITY ADVOCATES IS A PEER LED PROGRAM.
- ✓ PROVIDES IN HOME, VIRTUAL, OR IN COUNTY SUPPORT.
- ✓ HELPS INDIVIDUALS SET AND ACHIEVE GOALS FOR THEMSELVES.
- ✓ STRIVES TOWARDS HELPING INDIVIDUALS LEARN SKILLS TO IMPROVE THEIR OVERALL WELLNESS.
- ✓ CAN HELP INDIVIDUALS NAVIGATE THE MENTAL HEALTH SYSTEM.

Related Searches...

OFFICE: 609-652-3800

SUPPORT SERVICE COORDINATOR: 609-652-3800 EXT: 0308 EMCCALL@MHANJ.ORG

Environmental

WELLNESS

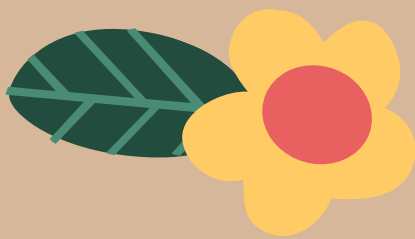
ENCOMPASSES MORE THAN JUST TAKING CARE OF THE PLANET!

Environmental Wellness can be defined as: Good health by occupying pleasant, stimulating environments that support well-being.

Click [here](#) for more info.

Need help navigating your environmental wellness? Call 609-652-3800

“TAKE CARE OF YOURSELF”



TIPS!

- Taking walks outside
- Recycling/reusing
- Getting involved in your community
- Surrounding yourself with people who impact your life positively
- Being mindful of the food you eat
- Creating a clutter-free and efficient home and work space

For more info on decluttering

[CLICK HERE!](#)



MODERN SELF-LOVE CAMPAIGN 2024

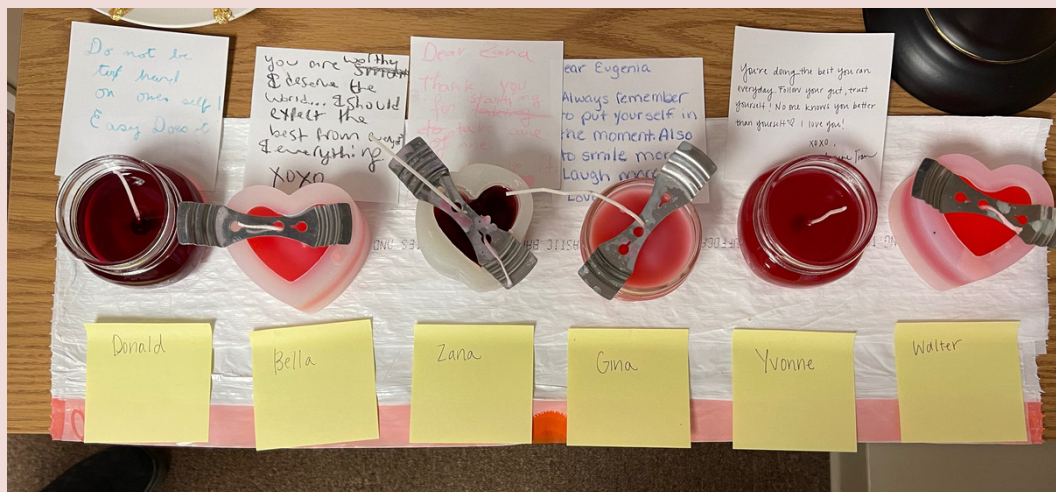
[Click here to see
the completed
submissions for
Feb 2024](#)

Thank you to all of
our participants 

On Valentine's Day, MHA Atlantic's Living In the Moment Group hosted Candle-Making!



At left: The members who participated: Walter Miller, group facilitator Zana Rexhepi, Donald Gisino, Eugenia Gunn, and intern Isabella Trimble.



Bre's WAVES OF WELLNESS

WOW



In light of environmental wellness...

Daylight savings is on March 10th!

Take advantage of the longer days to explore ways to improve on your environmental wellness outdoors!

DID YOU KNOW

March celebrates:

- Women's History Month
- National Social Worker Month
- Disability Awareness Month
- World Bipolar Day on March 30th

Our 2023-2024 Graduates of the Buried in Treasures (BIT) Workshop!!

This time around, our workshop reached members across the country and was facilitated by Emily McCall, Yvonne Tran, and Ashleigh Zappala! For more information about BIT, [click here](#).

Welcome to the Golden Shovel Club!



MHA IN-PERSON GROUPS

GOT STRESS

Wednesdays
9am - 10am
John Brooks Recovery
Center
660 Black Horse Pike,
Pleasantville, NJ 08232

**For more information,
please contact Emily
McCall
(emccall@mhanj.org)**

GROUP UPDATES

Better Together and
Expressions will not be
running for the month
of March. Stay tuned
for April's newsletter
for group updates!

LIVING IN THE MOMENT

Wednesday
10:30am - 11:30am
Mental Health
Association in
Atlantic County
4 E Jimmie Leeds
Rd #8, Galloway,
NJ 08205

Since 1983
**Individuals
Concerted in
Effort**
Wellness Program

**PLEASE CONTACT YVONNE TRAN FOR MORE
INFORMATION 609-652-3800 EXT. 0304
YTRAN@MHANJ.ORG MHAAC.INFO**



**United by
Wellness**

VIRTUAL GROUPS

mhaac.info/UBW

unitedbywellness@mhanj.org

[\(609\) 652-3800](tel:(609)652-3800)

*More than 50 groups offered, both weekdays and weekends at no cost!
No insurance needed!*

RECOVERY

Employment Wellness, Relationships in Recovery,
Recovery Dharma, & more!

WELLNESS

Coping Skills, Anxiety, Depression, Bipolar, Trauma,
Meditation, Gratitude

CREATIVE OUTLETS

Art, Music, Journaling

HANG OUT GROUPS

Open discussion, Music, Coloring, Activities

Scan QR code for
registration



MARCH 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Empower Hour						
9am							
10am		Big Time Fun Party	Coffee and Gratitude	Employment Wellness		Arts & Humanities (1st/3rd Saturday)	Overcoming Obstacles
				1030 Depression/Anxiety			
11am	Topics in Mental Health		Recovery Dharma	Staying Active	Dealing With Depression (1st, 3rd, & 5th Fridays)	Doing all things with Love	Stress Less 101
12pm	Quote Me Happy (1st Monday)	Relaxation Tools & Techniques (1st Tuesday)	Addressing Anxiety		12-12:30pm Navigating the 8 Dimensions of Wellness for a Balanced Life: Environmental Wellness (3/1)	Just Hanging Out	
1pm		Lunch & Learn (Starts 3/19)	Too Much Stuff (1st & 3rd Wednesday)	Poetry Workshop (3rd Thursday)	Exploring Environmental Wellness		
2pm	Coping Skills	After Lunch (1st/3rd Tuesday)	CAEI - Module 2 (2pm) (Starts 3/13)	Despues Del Almuerzo (1st/3rd Thursday)	Light Bulb	Healing Connections	Emotions (1st/3rd Sunday)
							Creativity Unleashed (2nd/4th Sunday)
3pm	Mindful Eating (Starts 3/18)	Better Together		MARA		Color Me Healthy	Chronic Pain (2nd/4th Sunday)
4pm		Townhall (4th Tuesday) (4-5:15pm)		You Have the Floor	Breaking Barriers		
		4:30-5:30pm Disability Lived Experience Advisory Group (3/19)					
5pm			Unapologetically Me (BPD)				Eating Disorder / Disordered Eating Support Group (2nd/4th Sunday)
6pm	Bipolar Support Group	CAEI - Module 2 (6pm) (Starts 3/12)	Depression	Rising minds	Dinner and Dialogue (3rd Friday)		WINGS
	Phone a Friend	6:30-7:30 ASCA (1st/3rd Tuesday)					
7pm	Monday Music (7-9pm) (Starts 3/18)	Women's Wellness	Baby Boomers (1st & 3rd Wednesday)	Not Fearing Fear	Music to My Ears (7-10PM) (Starts 3/15)		Meditation
8pm		Relationship in Recovery	Keeping Up Our Commitments	Show Your True Colours (LGBTQIA+)			