

UNITED BY WELLNESS

MENTAL HEALTH ASSOCIATION

CREATED BY: MHANJ'S INDIVIDUALS CONCERNED
IN EFFORT (ICE), JOURNEY TO WELLNESS (JTW) &
ESPERANZA WELLNESS CENTERS



10 AM – 11 AM COPING WITH CHRONIC CONDITIONS

MEETING ID: 849 6593 8411

<https://uso6web.zoom.us/join/84965938411>

OPEN SHARE An Open Share group for people who have lived experience coping with chronic illnesses, health conditions, or pain.

11 AM – 12 PM DEALING WITH DEPRESSION (1ST, 3RD, & 5TH FRIDAYS)

MEETING ID: 884 6528 8447

<https://uso6web.zoom.us/join/88465288447>

TOPIC FOCUSED Come explore the many aspects of depression from roots and causes to signs we may be suffering from it to the many wellness strategies to address it.

11 AM – 1 PM MOVIE GROUP (2ND & 4TH FRIDAYS)

MEETING ID: 820 5291 3357

<https://uso6web.zoom.us/join/82052913357>

ACTIVITY Play movies that are centered around hope, healing, inspiration, true stories, Sundance films, and comedy. *Join us for a movie marathon from 11/18 - 11/22!*

1 PM – 2 PM EXPLORING ENVIRONMENTAL WELLNESS

MEETING ID: 882 4049 4207

<https://uso6web.zoom.us/join/88240494207>

OPEN SHARE Exploring the importance of Environmental Wellness.

TOPIC FOCUSED

2 PM – 3 PM LIGHT BULB – A GROUP FOR YOUR THOUGHTS!

MEETING ID: 995 1443 1197

<https://zoom.us/join/99514431197>

ACTIVITY During this group reflection questions about various wellness topics will be shared by the facilitator and then explored as a group. Each group we walk away learning something new! Reflection questions may be written down to journal for later.

4 PM – 5 PM BREAKING BARRIERS

MEETING ID: 885 2514 6106

<https://uso6web.zoom.us/join/88525146106>

ACTIVITY A support group where we will learn, grow, share, and become more

TOPIC FOCUSED empowered to break the barriers to have equal opportunities to live the life we want.

7 PM – 9 PM MUSIC TO MY EARS

MEETING ID: 850 9533 3282

<https://uso6web.zoom.us/join/85095333282>

OPEN SHARE Music can relax the mind, energize the body, and can have a positive impact on thoughts & feelings. Listen to some feel good music & be inspired by some songs you may not have heard before.

DIAL-IN NUMBER: +1 929 205 6099



WWW.MHAAC.INFO/UBW



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