

UNITED BY WELLNESS

MENTAL HEALTH ASSOCIATION

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



8 AM – 9 AM EMPOWER HOUR

MEETING ID: 847 0075 2728

<https://uso6web.zoom.us/join/84700752728>

OPEN SHARE Monday can set the tone for your entire week... so embrace it with positivity
TOPIC FOCUSED & motivation by kick-starting the week with affirmations.

11 AM – 12 PM TOPICS IN MENTAL HEALTH

MEETING ID: 956 6155 5355

<https://zoom.us/join/95661555355>

TOPIC FOCUSED Come learn about all things' mental health. Whether you are working on medication management, peer support, community resources, we have you covered.

12 PM – 1 PM THRIVING NOT JUST SURVIVING: A DOMESTIC ABUSE SUPPORT GROUP

MEETING ID: 831 0892 2282

<https://uso6web.zoom.us/join/83108922282>

OPEN SHARE Our mission is to empower survivors of domestic abuse to reclaim their lives
TOPIC FOCUSED and thrive beyond their experiences. We provide a safe, supportive, and compassionate environment where individuals can share their journey, access resources, and build a community of resilience and hope. Through education, advocacy, and peer support, we strive to break the cycle of abuse and foster a future where every survivor can flourish. We believe in the power of empowerment, helping each individual recognize their strength, rebuild their confidence, and embrace their potential to lead fulfilling lives.

* Due to sensitive nature of group, participants will not be admitted past first 15 minutes of group. If you foresee this being a reoccurring issue please reach out to unitedbywellness@mhanj.org. *

1 PM – 2 PM FUR-EVER FRIENDS: RECOVERY AND SUBSTITUTE SUPPORT

MEETING ID: 873 7828 2186

<https://uso6web.zoom.us/join/87378282186>

OPEN SHARE Join the Fur-ever Friends' group for discussions on recovery from substance
TOPIC FOCUSED use and the love for animals. We share stories of how our pets have brought comfort during the recovery journey, offer support on pet care, and explore the benefits of animal-assisted therapy. Connect with us for virtual pet-themed activities, conversations, and a supportive environment where we bond over our love for animals while discussing recovery.

2 PM – 3 PM COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500

<https://zoom.us/join/97535873500>

ACTIVITY This group is open to anyone interested in adding to their wellness toolbox! Each meeting we will try a new coping skill activity to support resiliency and process stress, and then after the activity, reflections will be shared. Types of activities include meditation, journal prompts, educational videos, and interactive games.

3 PM – 4 PM GOOD NEWS GATHERING (4TH MONDAY OF THE MONTH)

MEETING ID: 841 1001 7372

<https://uso6web.zoom.us/j/84110017372>

TOPIC FOCUSED Are you looking for a space to focus on the good going on in the world?

Nowadays, it can be emotionally draining to watch the news with so much of an emphasis put on the more polarizing side of things. Join us, as we discuss the brighter side of current events in our world!

**** If you would like to submit a news article, video, or song for group, please send it to sedwards@mhanj.org by the 3rd Monday of the month ****

5 PM – 6 PM MENTAL HEALTH WRITING GROUP

MEETING ID: 861 6663 5659

<https://uso6web.zoom.us/j/86166635659>

ACTIVITY Each week a new reading will be presented about mental health. Members

TOPIC FOCUSED will take about 15 minutes to write on the reading. Afterwards members can choose to read off what they have written/ give feedback and reflect on other's shares.

6 PM – 7 PM BIPOLAR SUPPORT GROUP

MEETING ID: 957 6500 1615

<https://zoom.us/j/95765001615>

OPEN SHARE This group is for people living with Bipolar Disorder to share ideas and experiences and receive support from their peers within a safe space.

6 PM – 7 PM LETTING IT GO: MOVING ON FROM TOXIC ABUSE (3/24/2025)

MEETING ID: 881 6792 9870

<https://uso6web.zoom.us/j/88167929870>

OPEN SHARE "Letting it Go: Moving on From Toxic Abuse" is a safe space for reclaiming your

TOPIC FOCUSED power and peace. Together, we'll support each other in releasing the pain of the past, healing from toxic experiences, and embracing a future full of self-love and freedom.

7 PM – 8 PM EMPOWER-ED WELLNESS

MEETING ID: 834 0685 3268

<https://uso6web.zoom.us/j/83406853268>

OPEN SHARE EmpowerEd Wellness is an open share group revolved around the empathetic exploration of eating and body-related disorders. This is a safe space for all individuals to collaborate and share their experiences with eating and body image-related disorders, as well as engage in coping techniques for triggered emotions. In this group, we will participate in conversations and occasional activities that stimulate self-discovery, reflection, and growth.

DIAL-IN NUMBER: +1 929 205 6099

 www.mhaac.info/ubw

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