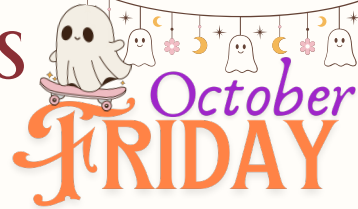


# UNITED BY WELLNESS

MENTAL HEALTH ASSOCIATION

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



## 9 AM – 10 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. **Starting on 10/11!**

## 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.

## 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.



[WWW.MHAAC.INFO/UBW](http://WWW.MHAAC.INFO/UBW)



[UNITEDBYWELLNESS@MHANJ.ORG](mailto:UNITEDBYWELLNESS@MHANJ.ORG)



609-652-3800

**Individuals Concerted in Effort**

MHANJ - Atlantic County Office

4 East Jimmie Leeds Road,  
Suite 8

Galloway, NJ 08205

PHONE: 609-652-3800

FAX: 609-652-3801

**Journey to Wellness**

MHANJ - Ocean County Office

25 South Shore Drive  
Toms River, NJ 08753

PHONE: 732-244-0940

FAX: 732-244-0948

**Esperanza**

MHANJ - Union County Office

673 Morris Ave., Ste. 100  
Springfield, NJ 07081

PHONE: 908-810-1001

FAX: 973-218-0636