Seniors, let’s support each other through this COVID-19 pandemic.
We’re here to help you stay active and stay connected.

RWJBarnabas Health Institute for Prevention and Recovery’s Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.

Through a variety of virtual services, this program aims to assist seniors to better adjust to their new reality, mitigate stress, review options, develop coping strategies and, if needed, find linkages to agencies, programs, and other resources in their community.

Virtual Meetings
Tuesdays at 3 pm | Coping with Change
https://zoom.us/j/97426759376?pwd=emh4NVBxQkhORDk2VghybDh1aHYYUT09
Dial in: 1-929-205-6099  Meeting ID: 974 2675 9376  Passcode: 275889

Fridays at 3 pm | Coping with Change
https://zoom.us/j/95709779459?pwd=bG1Fd3JGa3U1RDBSWhJFQzBwc2E1dz09
Dial in: 1-929-205-6099  Meeting ID: 957 0977 9459  Passcode: 542469

hopeandhealing@rwjbh.org
833-795-HOPE (4673)
rwjbh.org/hopeandhealing

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by RWJBarnabas Health Institute for Prevention and Recovery in collaboration with the New Jersey Department of Human Services’ Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.