

Catholic Charities Hope and Healing February 2021 Calendar *CLICK LINK TO REGISTER For more information or to receive crisis counseling services pertaining to COVID-19, call 732-204-6510*

The New Jersey Hope and Healing Crisis Counseling Program (CCP) is provided by Catholic Charities, Archdiocese of Newark; Catholic Charities, Diocese of Metuchen; Catholic Charities, Diocese of Paterson; and Catholic Charities, Diocese of Trenton, in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services (Disaster and Terrorism Branch)). It is funded through a FEMA/SAMHSA grant.

- ☐ Monday, February 1st 3:30 - 4:30 pm: Frozen Trivia <https://zoom.us/j/FrozenTrivia>--Meeting ID: 978 0349 4465 Passcode: 048151
- ☐ Tuesday, February 2nd 4:00 – 4:30 pm: Tipster Tuesday- Baking Tips!! <https://zoom.us/j/TipsterTuesday>--Meeting ID: 940 3740 5944 Passcode: 610487
- ☐ Wednesday, February 3rd 3:30 – 4:30 pm: Staying Positive During COVID <https://zoom.us/j/StayingPositive>--Meeting ID: 969 2733 1317 Passcode: 907085
- ☐ Thursday, February 4th 1 - 1:45 pm: Thankful Thursdays- Expressing Gratitude <https://zoom.us/j/registerThankfulThursdays>--Meeting ID: 935 9429 8578 Passcode: 522138
- ☐ Thursday February 4th 5:30 – 6:30 pm: Spanish-Speaking Support Group <https://zoom.us/SpanishSpeakingSupportGroup>--Meeting ID: 962 9850 9307 Passcode: 902869
- ☐ Friday, February 5th 5:00 - 6:00 pm: Dance Freeze <https://zoom.us/jDanceFreeze>--Meeting ID: 933 1661 1058 Passcode: 940380
- ☐ Monday, February 8th 4-5 pm Meditation Monday--<https://zoom.us/j/99228048488>
- ☐ Monday, February 8th 5:30– 6:30 pm: Group for COVID Positive Individuals & Their Loved Ones--
<https://zoom.us/j/SupportGroupforCovidPositive>
- ☐ Tuesday, Feb. 9th 4:00 – 4:30 pm: Tipster Tuesday Energy Saving Tips <https://zoom.us/j/TipsterTuesday>--Meeting ID: 940 3740 5944 Passcode: 610487
- ☐ Wednesday, February 10th 3:30 – 4:30 pm: Valentine’s Day Virtual Event <https://zoom.us/j/ValentineVirtualEvent>--Meeting ID: 995 8625 6289
- ☐ Wednesday February 10th 5:00 – 6:00 pm: Spanish - Speaking Meditation <https://zoom.us/j/SpanishMeditation>--Meeting ID: 973 9538 8105 Passcode: 788790
- ☐ Thursday, February 11th 1 - 1:45 pm: Thankful Thursdays- Expressing Gratitude <https://zoom.us/j/registerThankfulThursdays>--Meeting ID: 935 9429 8578 Passcode: 522138
- ☐ Thursday, February 11th 5:00 – 6:00 pm: Parent Drop-In Session <https://zoom.us/j/ParentDropIn>--Meeting ID: 916 5227 8548 Passcode: 439609
- ☐ Thursday, February 11th 9:30 -10:30 am: The Golden Hour Senior Support Group
<https://zoom.us/j/SeniorSupportGroup>--Meeting ID: 945 9201 2165 Passcode: 924081
- ☐ Friday, February 12th 4:00 – 5:00 pm: Valentine’s Day Craft <https://zoom.us/j/ValentineCraft>--Meeting ID: 979 3839 4928 Passcode: 727414
- ☐ Tuesday, February 16th 4:00 – 4:30 pm: Tipster Tuesday! Self-Care Tips! <https://zoom.us/j/TipsterTuesday>--Meeting ID: 940 3740 5944 Passcode: 610487
- ☐ Tuesday, February 16th 4:00 – 5 pm: Craft Tuesday <https://zoom.us/j/93871331736>
- ☐ Tuesday, February 16th 5:30 – 6:30 pm: Spanish - Speaking Support: The Psychology of Color
<https://zoom.us/j/SpanishPsychologyofColor> -- Meeting ID: 922 2789 1148 Passcode: 428462
- ☐ Wednesday, February 17th 10:30 – 11:30 am: Coffee Club <https://zoom.us/j/CoffeeClub>--Meeting ID: 914 1344 8492 Passcode: 286535
- ☐ Thursday, February 18th 1 - 1:45 pm: Thankful Thursdays- Expressing Gratitude <https://zoom.us/j/registerThankfulThursdays>--Meeting ID: 935 9429 8578 Passcode: 522138
- ☐ Thursday, February 18th 3:30 – 4:30 pm: Brain Games <https://zoom.us/j/BrainGames>--Meeting ID: 975 1784 9622 Passcode: 545950
- ☐ Thursday, February 18th 4 – 5 pm: Thinky Thursday <https://zoom.us/j/95513249806>
- ☐ Friday, February 19th 6:00 – 7:00 pm: Disney Trivia <https://zoom.us/j/DisneyTrivia>--Meeting ID: 972 5046 6093 Passcode: 851505

- ☐ Monday, February 22nd 12:00 – 12:30 pm: Meditation Monday <https://zoom.us/j/MeditationMonday>--Meeting ID: 942 6616 7672 Passcode: 352273
- ☐ Tues. February 23rd 4:00 – 4:30 pm: Tipster Tuesday Organization Tips! <https://zoom.us/j/TipsterTuesday>--Meeting ID: 940 3740 5944 Passcode: 610487
- ☐ Wednesday February 24th 5:00–5:30 pm: Spanish-Speaking Energy Saving Tips <https://zoom.us/j/SpanishEnergyTips>--Meeting ID: 969 2100 4346 Passcode: 701716
- ☐ Thursday, February 25th 11:00 – 11:30 am: Chair Exercises <https://zoom.us/j/ChairExercises> --Meeting ID: 955 7675 0130 Passcode: 481810
- ☐ Thursday, February 25th 1 - 1:45 pm - Thankful Thursdays: Expressing Gratitude <https://zoom.us/j/registerThankfulThursdays>-- Meeting ID: 935 9429 8578 Passcode: 522138
- ☑ Thursday Feb 25th 9:30-10:30 am: The Golden Hour Senior Support Group-- <https://zoom.us/j/SeniorSupportGroup> Meeting ID: 935 4896 7911 Passcode: 361633
- ☐ Friday, February 26th 4:30 – 5:30 pm: Family Yoga <https://zoom.us/j/FamilyYoga>-- Meeting ID: 941 4493 0733 Passcode: 661718
- ☐ Saturday, February 27th 10:30 – 11:30 am – Vision Boards <https://zoom.us/VisionBoards>-- Meeting ID: 966 5094 2427 Passcode: 954705