



1st and 3rd
Monday
@6PM


2nd and 4th
Thursday
@6PM

Hope and Healing **Virtual Support** for Post-COVID Patients


The Institute for Prevention and Recovery's Hope and Healing program offers virtual workshops in self-care and emotional support for patients recovering from COVID-19 and those experiencing long-term effects of the virus.

- **Topics** include mindfulness, anticipation/anxiety, re-entry, resilience and the recovery process.
- **Learn** how to calm your mind, reduce negative emotions and manage stress with easy, gentle relaxation and mindfulness practices.
- **Share** experiences, receive support, and enhance personal strengths together.

Monday
Meeting ID: 846 9489 0966
Passcode: 255827



Thursday
Meeting ID: 819 4858 5734
Passcode: 486847



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

**Institute for
Prevention
and Recovery**

**RWJBarnabas
HEALTH**

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.

