



Smile, Breathe and Go!

Join us in a free, virtual, stress management support group for youth ages 9-12, where kids will learn coping strategies and ways to better adjust to their new reality.

RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Program offers virtual emotional support services to kids, families, and caregivers impacted by the COVID19 pandemic.

Join our free virtual group on Mondays starting January 4, 2021 at 6:00pm Please access the Zoom link below to join. For more information on this program and other free virtual support groups, contact 833-795-HOPE (4673) or hopeandhealing@rwjbh.org.

Join Zoom Meeting

<https://zoom.us/j/8379987908?pwd=TmU0THdVZ20xcmJtRXZZWws5QXA4UT09>

Meeting ID: 837 998 7908

Passcode: 340982



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