



From Stuck to Soaring

Join us in a free, virtual, stress management support group for teens ages 13 - 17, where teens 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 Tuesdays starting January 5, 2021 at 7:00pm 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. Zoom Link below.

<https://zoom.us/j/8379987908?pwd=NmxVQm93ZFVaMG1CMTlxREZheGJXdz09>

Meeting ID: 837 998 7908

Passcode: 008654



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.