



Catholic Charities NJ Hope and Healing July 2021 Virtual Calendar

For more information to receive crisis counseling services pertaining to COVID-19, call 732-204-6510 or email at hopeandhealing@ccdom.org
CLICK LINK TO REGISTER or dial in at 1 929 205 6099

Mondays

July 12th, 19th, 26th Namaste Meditation (in Spanish and English) - 12 pm Meeting ID is 919 5690 9599

<https://zoom.us/meeting/register/tJUkcu-hrjIvE91T0rHcLTXu+U067WNUPqpd>

July 12th, 19th, 26th Virtual Teen Hangout - 4 pm Meeting ID 995 4434 1381 Passcode: 700741

<https://zoom.us/j/99544341381?pwd=VW9xTjIwaHZoK3FYdnRhbUNWUXFDdz09>

July 12th, 19th, 26th Meditation Monday - 4:30 pm Meeting ID 874 3591 8102

<https://us06web.zoom.us/meeting/register/tZMpdOyhrzMrGtZhOq7m2MJvMk2z3rK0muBE>

Tuesdays

July 6th Dieting, July 13th Gardening, July 20th Happiness, July 27th Financial & Investing - Tipster Tuesday - 4 pm Meeting ID 857 4333 8526

<https://us06web.zoom.us/meeting/register/tZEqc-qrrTMvGNL4H7AnQ6IATEoi18UiKbEQ>

July 6th13th, 20th, 27th Gentle Yoga & Mindfulness - 5 pm Meeting ID 919 4479 5075 Passcode: 093353

<https://zoom.us/j/91944795075?pwd=VTUzL2loYzhxY3oySXFmSnQrZ1FYUT09>

July 6th13th, 20th, 27th Slam Jam - 12 pm Meeting ID is 928 5000 0387

<https://zoom.us/meeting/register/tJYlcumorjSpEtORxbmhF9iJ9A3IPTchJT4t>

Wednesdays

July 14th & 28th Family Support Group - 4:30 pm Meeting ID 950 0527 2191 Passcode 798895

<https://zoom.us/j/95005272191?pwd=RmRPTm9kMS+MU0JHMTBaVTZ4L3ZOdz09>

July 14th & 28th Coping Techniques for Anxiety & Stress - 7:30 pm Meeting ID 926 0198 0387

<https://zoom.us/j/92601980387>

Thursdays

July 1st & 15th Story Book Time - 11 am Meeting ID 828 0748 6644

<https://us06web.zoom.us/meeting/register/tZYld-6spj0sHtBfKB40WhEB0lyiDh7P7dJ5>

July 1st, 8th, 15th, 22nd, 29th Finding Self-Love (in Spanish and English) - 12 pm - Meeting ID is 928 0511 8102

<https://zoom.us/meeting/register/tJYld-yprzMrGtZhtT7mLQdelF196lWjwiKG>

July 1st, 8th, 15th, 22nd, 29th Thankfulness Thursdays: Expressing Gratitude - 10:30 am Meeting ID 965 9506 9643

<https://zoom.us/meeting/register/tJIofuyqgDIshHtcFIWz7ZhObx71m8gJ00pf->

July 8th Pictionary; July 15th Family Feud; July 22nd Trivia; July 29th Charades - Family Fun Day - 4:30 pm Meeting ID 839 2803 6623 <https://us06web.zoom.us/meeting/register/tZckdeGorT0sGNer0dEUaH-600P885DGu-pp>

July 15th & 29th The Golden Hour Senior Support Group - 9:30 am Meeting ID 961 9918 0869 Passcode 452033

<https://zoom.us/j/96199180869?pwd=cnJVMFJhWXJPSXRdcUJ5Kzg4dGR2QT09> by phone 1 929 436 2866 (NY)