



Catholic Charities NJ Hope and Healing September 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

Sept. 13th, 20th, 27th Meditation Monday - 4:30 pm Meeting ID 874 3591 8102

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

Sept. 13th, 20th, 27th Namaste Meditation (in Spanish and English) - 12 pm Meeting ID is 919 5690 9599

<https://zoom.us/meeting/register/tJUkcu-hrjIvE91T0rHcLTXU+U067WNUPqpd>

Sept. 13th, 20th, 27th Virtual Teen Hangout - 4 pm Meeting ID 995 4434 1381 Passcode: 700741

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

Sept. 13th, 20th, 27th Gentle Yoga & Mindfulness - 5 pm Meeting ID 995 9024 5967 Passcode: 785507

<https://zoom.us/j/95590245967?pwd=T04wTkJaVmFUaONHMG5XL3Z3UU1ndz09>

Tuesdays

Sept. 7th Dieting; Sept. 14th Financial & Investing; Sept. 21st Cooking; Sept. 28th Hobbies - Tipster Tuesday - 4 pm Meeting ID 857 4333 8526

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

Sept. 7th, 14th, 21st, 28th Slam Jam - 12 pm Meeting ID is 928 5000 0387

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

Wednesdays

Sept. 1st, 8th, 15th, 22nd, 29th Midday Mindfulness & Gentle Stretching - 12 pm Meeting ID 945 5698 9380

<https://zoom.us/j/94556989380?pwd=TU54TVFiYTF4WnloNis2ZFBnZnNSZz09> Passcode 408040

Sept. 1st & 15th Family Support Group - 4:30 pm Meeting ID 950 0527 2191 Passcode 798895

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

Sept. 15th Wellness Tips - 4:30 pm Meeting ID 842 1673 0333

https://us06web.zoom.us/meeting/register/tZAvdu-vrTspGddnvO0aDvezOFQ_uNXKPwNt

Sept. 29th Work Out with Esh!! - 4:30 pm Meeting ID 842 1548 8007

https://us06web.zoom.us/meeting/register/tZAvduyspjMqGtM_LIGuAiW1Gm8PER_z3dsw

Thursdays

Sept. 2nd Charades; Sept. 9th Family Feud; Sept. 16th Bingo; Sept. 23rd Summer Trivia; Sept. 30th Jeopardy - Family Fun Day - 4:30 pm Meeting ID 839 2803 6623

<https://us06web.zoom.us/meeting/register/tZckdeGorT0sGNer0dEUaH-600P885DGU-pp>

Sept. 2nd, 9th, 16th, 23rd, 30th Thankfulness Thursdays: Expressing Gratitude - 10:30 am Meeting ID 987 1921 4830

<https://zoom.us/meeting/register/tJwqduCqrz8iGdQY8ESxbO66qu3GwP4Yc5uz>

Sept. 2nd, 9th, 16th, 23rd, 30th Finding Self-Love (in Spanish and English) - 12 pm - Meeting ID is 928 0511 8102

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

Sept. 2nd & 16th The Golden Hour Senior Support Group - 9:30 am Meeting ID 961 9918 0869 Passcode 452033

<https://zoom.us/j/96199180869?pwd=cnJVMFJhWXJPSXRdcUJ5Kzq4dGR2QT09> by phone 1 929 436 2866 (NY)