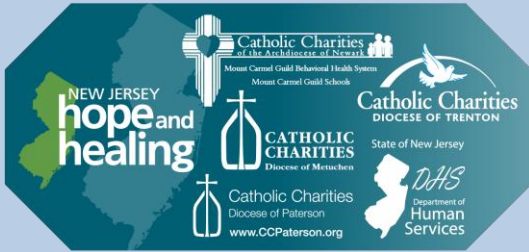


Catholic Charities Hope and Healing February 2021 Calendar

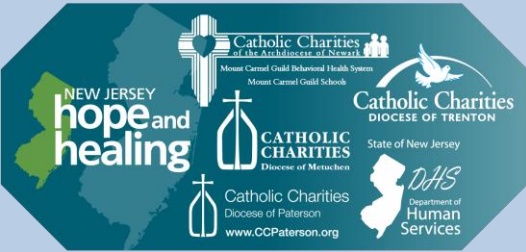
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- Monday, February 1st 3:30 - 4:30 pm: Frozen Trivia <https://zoom.us/j/FrozenTrivia>
- Tuesday, February 2nd 4:00 – 4:30 pm: Tipster Tuesday- Baking Tips!! <https://zoom.us/j/TipsterTuesday>
- Wednesday, February 3rd 3:30 – 4:30 pm: Staying Positive During COVID <https://zoom.us/j/StayingPositive>
- Thursday, February 4th 1 - 1:45 pm: Thankful Thursdays- Expressing Gratitude <https://zoom.us/j/registerThankfulThursdays>
- Thursday February 4th 5:30 – 6:30 pm: Spanish-Speaking Support Group <https://zoom.us/SpanishSpeakingSupportGroup>
- Friday, February 5th 5:00 - 6:00 pm: Dance Freeze <https://zoom.us/j/DanceFreeze>
- Monday, February 8th 4-5 pm Meditation Monday <https://zoom.us/j/99228048488>
- Monday, February 8th 5:30– 6:30 pm: Group for COVID Positive Individuals & Their Loved Ones <https://zoom.us/j/SupportGroupforCovidPositive>
- Tuesday, Feb. 9th 4:00 – 4:30 pm: Tipster Tuesday Energy Saving Tips <https://zoom.us/j/TipsterTuesday>
- Wednesday, February 10th 3:30 – 4:30 pm: Valentine’s Day Virtual Event <https://zoom.us/j/ValentineVirtualEvent>
- Wednesday February 10th 5:00 – 6:00 pm: Spanish - Speaking Meditation <https://zoom.us/j/SpanishMeditation>
- Thursday, February 11th 1 - 1:45 pm: Thankful Thursdays- Expressing Gratitude <https://zoom.us/j/registerThankfulThursdays>
- Thursday, February 11th 5:00 – 6:00 pm: Parent Drop-In Session <https://zoom.us/j/ParentDropIn>
- Thursday, February 11th 9:30 -10:30 am: The Golden Hour Senior Support Group Passcode: 924081 <https://zoom.us/j/SeniorSupportGroup>
- Friday, February 12th 4:00 – 5:00 pm: Valentine’s Day Craft <https://zoom.us/j/ValentineCraft>
- Tuesday, February 16th 4:00 – 4:30 pm: Tipster Tuesday! Self-Care Tips! <https://zoom.us/j/TipsterTuesday>
- Tuesday, February 16th 4:00 – 5 pm: Craft Tuesday <https://zoom.us/j/93871331736>
- Tuesday, February 16th 5:30 – 6:30 pm: Spanish - Speaking Support: The Psychology of Color <https://zoom.us/j/SpanishPsychologyofColor>
- Wednesday, February 17th 10:30 – 11:30 am: Coffee Club <https://zoom.us/j/CoffeeClub>
- Thursday, February 18th 1 - 1:45 pm: Thankful Thursdays- Expressing Gratitude <https://zoom.us/j/registerThankfulThursdays>
- Thursday, February 18th 3:30 – 4:30 pm: Brain Games <https://zoom.us/j/BrainGames>
- Thursday, February 18th 4 – 5 pm: Thinky Thursday <https://zoom.us/j/95513249806>
- Friday, February 19th 6:00 – 7:00 pm: Disney Trivia <https://zoom.us/j/DisneyTrivia>
- Monday, February 22nd 12:00 – 12:30 pm: Meditation Monday <https://zoom.us/j/MeditationMonday>
- Tues. February 23rd 4:00 – 4:30 pm: Tipster Tuesday Organization Tips! <https://zoom.us/j/TipsterTuesday>
- Wednesday February 24th 5:00–5:30 pm: Spanish-Speaking Energy Saving Tips <https://zoom.us/j/SpanishEnergyTips>
- Thursday, February 25th 11:00 – 11:30 am: Chair Exercises <https://zoom.us/j/ChairExercises>
- Thursday, February 25th 1 - 1:45 pm - Thankful Thursdays: Expressing Gratitude <https://zoom.us/j/registerThankfulThursdays>
- Thursday Feb 25th 9:30-10:30 am: The Golden Hour Senior Support Group Passcode: 361633 <https://zoom.us/j/SeniorSupportGroup>
- Friday, February 26th 4:30 – 5:30 pm: Family Yoga <https://zoom.us/j/FamilyYoga>

* The New Jersey Hope and Healing Crisis Counseling Program (CCP) is provided by Catholic Charities, Archdiocese of Newark; Catholic Charities, Diocese of Metuchen; Catholic Charities, Diocese of Paterson; and Catholic Charities, Diocese of Trenton, in collaboration with the New Jersey Department of Human Services’ Division of Mental Health and Addiction Services (Disaster and Terrorism Branch)). It is funded through a FEMA/SAMHSA grant.



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- Saturday, February 27th 10:30 – 11:30 am – Vision

Boards <https://zoom.us/VisionBoards>

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