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| **IFPR Hope and Healing** |

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| RWJBarnabas Health Institute for Prevention and Recovery’s Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.Through a variety of virtual services, this program aims to assist those impacted by the pandemic to better adjust to their new reality, mitigate stress, review options, develop coping strategies, and, if needed, find linkages to agencies, programs, and other resources in their community. |

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| **Call, click or email:****833-795- HOPE (833-795-4673)**(7 Days a Week, 8am to 8pm)[**rwjbh.org/hopeandhealing**](http://r20.rs6.net/tn.jsp?f=001tsJWKoqMxVHamHgZnemmbTG9JwMeOLxPn8M-xzdGjckrfQ-fJnYcDgRoXCn47tvaq7KU_O7xUYaV5xzmZXNu3Q2jASV_rSZUWHWZd3HI6tFTV04HEegvn2-UOU5eG7gR1xyBiCz0kT9knfDuyHH9cYg8bCh2yS2N&c=3_-HRL-tmQXxhL7NaQ5ATiKWoeclJXAqpUiWB8ndtdrk6Dvi0Ra1yA==&ch=UEwcJO9bW3oJlu_UASYR_OwTXix8Kk0YMWQWuJ0P4JKx4qott_220w==)hopeandhealing@rwjbh.org |

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| [Click here to download flyer.](http://r20.rs6.net/tn.jsp?f=001tsJWKoqMxVHamHgZnemmbTG9JwMeOLxPn8M-xzdGjckrfQ-fJnYcDij4vMv4Bj-IeA1iogJfQ0wr5vU5aybUMW_H2LoTWQHX5NtyhfS9tx8e92jeAFBZlQVtMneOPcwzGpCPo3wCTY2-B4A7cBXku_FqTeG_VitjhQ_WsL_NUbAyjE2TNajKMR1eLR7kOf9o0ZCxjI46kpWYHMaClQYBc5ez9x65UWgNCuhTnLJ5KOc=&c=3_-HRL-tmQXxhL7NaQ5ATiKWoeclJXAqpUiWB8ndtdrk6Dvi0Ra1yA==&ch=UEwcJO9bW3oJlu_UASYR_OwTXix8Kk0YMWQWuJ0P4JKx4qott_220w==) |

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| [Register- March 18](http://r20.rs6.net/tn.jsp?f=001tsJWKoqMxVHamHgZnemmbTG9JwMeOLxPn8M-xzdGjckrfQ-fJnYcDmp5DuqQhIsBQdxEb_9aLfeOJmM6beEf3c7GEnFQRG-LkfnFz7T77sQZ7Roq80o99B8v8DSJGb_AiLYWyfx3RcOyfYgWLXYEJ1w5XKpsL-Z_6lvQH0uHWEyVP3Qus8YwIZGmDDzYj1q-P8djA4S89VUioeaLiy4FK7bg01vt3Rz_n6va04HHOr74OjoueuMpjg==&c=3_-HRL-tmQXxhL7NaQ5ATiKWoeclJXAqpUiWB8ndtdrk6Dvi0Ra1yA==&ch=UEwcJO9bW3oJlu_UASYR_OwTXix8Kk0YMWQWuJ0P4JKx4qott_220w==) |

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| [Register- April 18](http://r20.rs6.net/tn.jsp?f=001tsJWKoqMxVHamHgZnemmbTG9JwMeOLxPn8M-xzdGjckrfQ-fJnYcDmp5DuqQhIsBS2UEelhZigLunr_Bam-WXgo1zUxI-RbrAVX7covZqq5VXmSCh7iUTrrrSMxkLgA-Gd-JlBQLRnn_5pySsjr-WLhqd1e4fAEaETrWDdi6ODt7ZW3S33XmN3TGpBwcQPXuMVz6hWawS_KLotrc8nbyDINQpynAr5UVaMIrZDQ6VEHaa1ROHuZkhw==&c=3_-HRL-tmQXxhL7NaQ5ATiKWoeclJXAqpUiWB8ndtdrk6Dvi0Ra1yA==&ch=UEwcJO9bW3oJlu_UASYR_OwTXix8Kk0YMWQWuJ0P4JKx4qott_220w==) |

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| *\*Please see below for additional resources.* |

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| **Virtual Support****Find the right group to support your needs.﻿** |

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| **Children and Families** |
| **Mondays at 6pm****Smile, Breathe, and Go: Stress Management for Kids**[Zoom Link](http://r20.rs6.net/tn.jsp?f=001tsJWKoqMxVHamHgZnemmbTG9JwMeOLxPn8M-xzdGjckrfQ-fJnYcDj1EitHjchkoW5vXNyDLB-tGbiZYl0kppfasRa-XjHlfMcRlHkuOq8_DotdiXWP_Sk430ngMhWDGOdvb8_CYXJU77RtjiLPLlJlyL6iC4ADoQtjIX7XusnosbVS28IEVZMDB8ic4IB5VmlUOYUGXjrmJ9R9d46cj6g==&c=3_-HRL-tmQXxhL7NaQ5ATiKWoeclJXAqpUiWB8ndtdrk6Dvi0Ra1yA==&ch=UEwcJO9bW3oJlu_UASYR_OwTXix8Kk0YMWQWuJ0P4JKx4qott_220w==)1 (929) 205-6099Meeting ID: 837 998 7908 Passcode: 340982**Tuesdays at 7pm****﻿From Stuck to Soaring: Stress Management for Teens**[Zoom Link](http://r20.rs6.net/tn.jsp?f=001tsJWKoqMxVHamHgZnemmbTG9JwMeOLxPn8M-xzdGjckrfQ-fJnYcDj1EitHjchkobu1uS14kyKYcX82a8UcZE5Mkxkqf--nJJXTXkn1rBomsCTmlW-a-ouN6q6bhbYea1tB74GDyfdWfUAu6Gc-0uPMLSWNMuz4FaTsQRjuNG087p3er3wdfLuAu9nDs2sBodXH9rs5tet9Sd5Tw53SBeg==&c=3_-HRL-tmQXxhL7NaQ5ATiKWoeclJXAqpUiWB8ndtdrk6Dvi0Ra1yA==&ch=UEwcJO9bW3oJlu_UASYR_OwTXix8Kk0YMWQWuJ0P4JKx4qott_220w==)1 (929) 205-6099Meeting ID: 837 998 7908 Passcode: 008654**Wednesdays at 4:30pm****Bored in the House: Youth Hangout (Ages 14-18)**[Zoom Link](http://r20.rs6.net/tn.jsp?f=001tsJWKoqMxVHamHgZnemmbTG9JwMeOLxPn8M-xzdGjckrfQ-fJnYcDj1EitHjchko8TmHXWRE7fSTK7k-s4oj5IAJg8ZCTj3pPIg982Gn70RLQGft-w4lPFwRTS_7rp-cbk2pV74o-SmzHSRlc4jN4CA5L8y8g20nSkiFxRY9LH-il9K2rkB5YwQPZzoNytEe_bUNqEy4L7i_7lQR5ckYNw==&c=3_-HRL-tmQXxhL7NaQ5ATiKWoeclJXAqpUiWB8ndtdrk6Dvi0Ra1yA==&ch=UEwcJO9bW3oJlu_UASYR_OwTXix8Kk0YMWQWuJ0P4JKx4qott_220w==)1 (929) 205-6099 Meeting ID: 947 3214 9652 Passcode: 726468**Wednesdays at 8pm****Supporting Families: Group for Parents and Caregivers**[Zoom Link](http://r20.rs6.net/tn.jsp?f=001tsJWKoqMxVHamHgZnemmbTG9JwMeOLxPn8M-xzdGjckrfQ-fJnYcDj1EitHjchkox-fhGUQpu8KwQ6tYlAyIFmPll6Xr5NBGRi9-RlA5aqU9D7coyChAth7BsDlDONiFGaDXvYmktFoY875v2PfdO8OEPb5_tzXmgC069mIIRfaKTVzap6faK2Jmis1C5u8vqveDvqdLzGvmGk09lrDU4g==&c=3_-HRL-tmQXxhL7NaQ5ATiKWoeclJXAqpUiWB8ndtdrk6Dvi0Ra1yA==&ch=UEwcJO9bW3oJlu_UASYR_OwTXix8Kk0YMWQWuJ0P4JKx4qott_220w==)1 (929) 205-6099Meeting ID: 963 9055 3396 Passcode: 522856 |

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