

About Hope and Healing

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.

Call, click or email:

833-795- HOPE (833-795-4673)

(7 Days a Week, 8am to 8pm)

rwjbh.org/hopeandhealing

hopeandhealing@rwjbh.org

Virtual Support

Find the right group to support your needs.

Children and Families

Mondays at 6pm

Smile, Breathe, and Go: Stress Management for Kids

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 837 998 7908 Passcode: 340982



Tuesdays at 7pm

From Stuck to Soaring: Stress Management for Teens

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 837 998 7908 Passcode: 008654

Wednesdays at 4:30pm

Bored in the House: Youth Hangout (Ages 14-18)

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 947 3214 9652 Passcode: 726468

Wednesdays at 8pm

Supporting Families: Group for Parents and Caregivers

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 963 9055 3396 Passcode: 522856

First Responders

Mondays at 8pm

Our Responders First

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 967 2836 3218 Passcode: 237887



Wednesdays at 4pm

Our Responders First

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 981 4903 9590 Passcode: 898906

Thursdays at 9am

Our Responders First

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 988 5972 5166 Passcode: 835069

Healthcare & Frontline Workers

Mondays at 10am

Coffee Talk

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 932 4746 9703 Passcode: 374382



Wednesdays at 12pm

Healthy Steps

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 934 3847 3384 Passcode: 115807

Thursdays at 4pm
Happy Hour

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 956 9704 5483 Passcode: 774386

Thursdays at 6:30pm
Evening Stretch

[Zoom Link](#)

1 (929) 205-6099

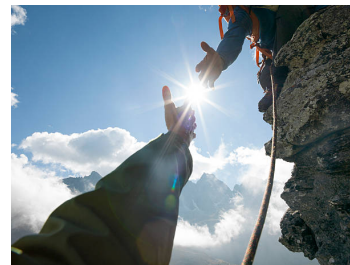
Meeting ID: 923 4674 3608 Passcode: 479491

Individuals in Recovery

Daily All Recovery Meetings

All Recovery virtual meetings provide social support for those seeking or maintaining recovery, as well as family members, friends and supporters of those who have been influenced by substance use.

[Click here for full schedule](#)



Mondays at 10am **Spiritual Healing in Recovery**

[Zoom Link](#)

1 (929) 205-6099

Zoom Meeting ID: 949 3803 3159 Passcode: 934578

Tuesdays at 10 am **Silver Lining for All Recovery Wellness**

[Zoom Link](#)

1 (929) 205-6099

Zoom Meeting ID: 921 8005 4325 Passcode: healing

Tuesdays at 4pm **Women in Recovery: Self-Care and Resiliency**

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 997 7431 7630 Passcode: 384719

Wednesdays at 4pm **Recovery Support**

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 990 1725 3565 Passcode: 269916

Wednesdays at 6pm

Bridges: Family Support Group

[Zoom Link](#)

1 (929) 205-6099

Zoom Meeting ID: 928 5522 9552 Passcode: 797 941

Thursdays at 10 am

Holistic Wellness for Physical and Emotional Well-being

[Zoom Link](#)

1 (929) 205-6099

Zoom Meeting ID: 920 0511 0513 Passcode: healing

Thursdays at 4pm

Women in Recovery: Self-Care and Resiliency

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 921 1301 9522 Passcode: 787666

Fridays at 10:30am

Wellness Toolbox

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 995 2727 7514 Passcode: healing

Fridays at 4pm

Spiritual Healing in Recovery

[Zoom Link](#)

1 (929) 205-6099

Zoom Meeting ID: 949 3803 3159 Passcode: 934578

Seniors

Tuesdays at 3pm

Coping with Change

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 974 2675 9376 Passcode: 275889

Wednesdays at 10am

Coping with Change

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 925 0841 7386 Passcode: 871829

Thursdays at 10am

Coping with Change

[Zoom Link](#)

1 (929) 205-6099
Meeting ID: 936 2962 5609 Passcode: 202710

Fridays at 3pm
Coping with Change

[Zoom Link](#)

1 (929) 205-6099
Meeting ID: 957 0977 9459 Passcode: 542469