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

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by RWJBarnabas Health Institute for Prevention and Recovery in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.