



Sponsored by Atlantic Center for Independent Living

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## 11 AM-12 PM MONDAYS: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMODYOYQGTGVGTSW\\_LUNGCBYFY582MB6VZKL](https://zoom.us/join/97535873500)

LEARN NEW COPING SKILLS TO HELP DEVELOP RESILIENCY AND WAYS TO PROCESS STRESS. TYPES OF ACTIVITIES VARY FROM WRITING, ART, POETRY, AND MUSIC.

## 8PM-9PM MONDAYS: KEEPING OUR COMMITMENTS

MEETING ID: 918 0901 4251 [HTTPS://ZOOM.US/MEETING/REGISTER/TJULDCORZ80H9XRYD030HTXQJPQDNWCVR-T](https://zoom.us/join/91809014251)

OPEN SHARE/TOPIC FOCUSED GROUP - CONSUMERS WILL EXPLORE WAYS TO KEEP COMMITMENTS TO OTHERS BY EXPLORING WHAT MENTAL AND PHYSICAL ISSUES THAT THEY MIGHT BE EXPERIENCING AND HOW TO FACE THEM.

## 3PM-4PM TUESDAYS: BETTER TOGETHER

MEETING ID: 875 6132 4882 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZMOCEIRRD8IETAPSQ0DD-01VP4GHGIVIBFO](https://us06web.zoom.us/join/87561324882)

TOPIC FOCUSED GROUP - THIS IS A SUPPORT GROUP FOR INDIVIDUALS WHO STRUGGLE WITH A COMBINATION OF PHYSICAL AND MENTAL HEALTH CHALLENGES. TOGETHER WE WILL DISCUSS A TOPIC SURROUNDING THE STRUGGLE OF BALANCING PHYSICAL AND MENTAL WELL-BEING. LET'S SUPPORT EACH OTHER IN OUR JOURNEYS TO WELLNESS!

## 11AM-12 PM WEDNESDAYS: MIND & BODY

MEETING ID: 943 5890 8820 [HTTPS://ZOOM.US/MEETING/REGISTER/TJAUUGHRJMGJNRC448WZ3AUGS8ZHWJ5JC6](https://zoom.us/join/94358908820)

A VIRTUAL MEETING FOR THOSE LIVING WITH A DISABILITY. GROUP TOPICS INCLUDE GOAL-SETTING, ADAPTING, FIND SUPPORT, MOTIVATION, SPIRITUALITY, REFOCUS.

## 4PM-5 PM THURSDAYS: YOU HAVE THE FLOOR

MEETING ID: 948 2568 3415 [HTTPS://ZOOM.US/MEETING/REGISTER/TJALDEYUPJGUG9FAWK7JM7HBNSYXHEZ3RRO7](https://zoom.us/join/94825683415)

ALLOW PEOPLE TO BE SEEN AND HEARD BY GIVING THEM THE FLOOR SO TO SPEAK TO TALK FOR UP TO FIVE MINUTES. MAY ALSO INCLUDE, FROM TIME TO TIME, TOPICS ON BETTER COMMUNICATION SKILLS.

## 9AM-10AM FRIDAYS: COMMON GROUND

MEETING ID: 891 6452 0279 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZOSCE2TRDSOHD2CUHEEDTNYHPP0AQOOLQL](https://us06web.zoom.us/join/89164520279)

OPEN SHARE/TOPIC FOCUSED GROUP - THIS IS A SAFE SPACE FOR INDIVIDUALS WITH COMMON EXPERIENCES, FEELINGS, AND STRUGGLES OF LIVING WITH A CHRONIC ILLNESS / LONG TERM HEALTH CONDITIONS. SHARING AND DISCUSSING COMMON WORRIES... WHILE LISTENING, LEARNING, AND SUPPORT ONE ANOTHER.

## 2PM-3PM SATURDAYS: COLOR ME HEALTHY

MEETING ID: 963 4262 7503 [HTTPS://ZOOM.US/MEETING/REGISTER/TJUC-UURDWVGTEKARAQZUZ3IYUT8TLIL3U6](https://zoom.us/join/96342627503)

ACTIVITY GROUP - GRAB YOUR COLORING BOOK & ART SUPPLIES OF CHOICE AND COLOR WITH US DURING THIS RELAXING, CREATIVE HOUR! CONVERSATION IS KEPT LIGHT AND FOCUSED ON UPLIFTING TOPICS.

## 7:30-8:15PM SUNDAYS: MEDITATION

MEETING ID: 927 8257 0162 [HTTPS://ZOOM.US/MEETING/REGISTER/TJYQF-UTQTSRHNYABPFWUMGQ4NVXJHIFKP-X](https://zoom.us/join/92782570162)

END YOUR WEEKEND/ START YOUR WEEK OFF PEACEFULLY WITH OUR MEDITATION HOUR.



[WWW.MHAAC.INFO/UBW](http://WWW.MHAAC.INFO/UBW)



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