



NEW

# WHOLE Health COMMUNITY

Sponsored by:



**ATLANTIC**  
CENTER FOR INDEPENDENT LIVING, INC.

Everyone Wants and Deserves a Fulfilling Life. Living with a disability can sometimes seem overwhelming. The Atlantic CIL provides a wide variety of FREE independent living services for our local community. You'll benefit from individual support, and your peers in similar circumstances will also benefit. We'll act as your disability advocates.

(609) 748-2253      [HTTPS://ATLANTICCIL.ORG](https://atlanticcil.org)

**What is WHOLE HEALTH?**

Whole health strives for the highest levels of physical, mental & social well-being not just the absence of disease.



## WHOLE Health COMMUNITY



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160 SOUTH PITNEY ROAD, SUITE 3 & 4  
CALLOWAY, NJ 08205  
(609) 748-2253      [HTTPS://ATLANTICCIL.ORG](https://atlanticcil.org)

**12PM - 1PM MONDAYS: COPING SKILLS SUPPORT GROUP**  
MEETING ID: 975 3587 3500      [HTTPS://ZOOM.US/J/97535873500](https://zoom.us/j/97535873500)      LUNGCRT15R2MB6V2M  
LEARN HOW 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/J/91809014251](https://zoom.us/j/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.

**2PM-3PM WEDNESDAYS: BETTER TOGETHER**  
MEETING ID: 875 6132 4882      [HTTPS://ZOOM.US/J/87561324882](https://zoom.us/j/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!

**4PM-5 PM THURSDAYS: YOU HAVE THE FLOOR**  
MEETING ID: 948 2548 3416      [HTTPS://ZOOM.US/J/94825483416](https://zoom.us/j/94825483416)  
ALLOW PEOPLE TO BE SEEN AND HEARD BY GIVING THEM THE FLOOR SO TO SPEAK/TALK FOR UP TO FIVE MINUTES. MAY ALSO INCLUDE, FROM TIME TO TIME, TOPICS ON BETTER COMMUNICATION SKILLS.

**2PM-3PM SATURDAYS: COLOR ME HEALTHY**  
MEETING ID: 965 4262 7963      [HTTPS://ZOOM.US/J/96542627963](https://zoom.us/j/96542627963)  
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.

**10AM-11AM SUNDAYS: CHRONIC PAIN SUPPORT GROUP**  
MEETING ID: 891 4452 0079      [HTTPS://ZOOM.US/J/89144520079](https://zoom.us/j/89144520079)  
OPEN SHARE/TOPIC FOCUSED GROUP - THIS IS A SAFE SPACE FOR INDIVIDUALS WITH COMMON EXPERIENCES, FEELINGS & STRUGGLES OF LIVING WITH CHRONIC PAIN. SHARING AND DISCUSSING COMMON WORRIES... WHILE LISTENING, LEARNING, AND SUPPORT ONE ANOTHER.

**7:30-8:15PM SUNDAYS: MEDITATION**  
MEETING ID: 927 8257 0162      [HTTPS://ZOOM.US/J/92782570162](https://zoom.us/j/92782570162)  
END YOUR WEEKEND/ START YOUR WEEK OFF PEACEFULLY WITH OUR MEDITATION HOUR.

**8-9 PM REDISCOVERING YOU THROUGH VITAL WELLNESS (2ND AND 4TH SUNDAY)**  
MEETING ID: 895 1210 9468      [HTTPS://ZOOM.US/J/89512109468](https://zoom.us/j/89512109468)  
TOPIC-FOCUSED/ACTIVITY-BASED - A SOCIALLY OPEN GROUP IN WHICH WE DISCUSS COPING SKILLS FOR TODAY'S STRUGGLES AND TOMORROW'S SUCCESS. JOIN US TO BE A PART OF AN ACCEPTING CONVERSATION OR ACTIVITY.

 [WWW.MHAAC.INFO/UBW](http://WWW.MHAAC.INFO/UBW)       [UNITEDBYWELLNESS@MHANJ.ORG](mailto:UNITEDBYWELLNESS@MHANJ.ORG)       609-652-3800