



# ATLANTIC

CENTER FOR INDEPENDENT LIVING, INC

AUGUST NEWSLETTER 2024 • VOL. 4



Photo: Sailboat in the bay at sunset.

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## From our ACIL family to yours...

Happy August! As summer winds down to a close this month, we hope you will join us for a workshop or activity. Art Is In The Making is meeting twice this month and Yoga is offered at no cost every Thursday in August. Also, visit page 11 for details on our new collaboration with the Noyes Museum of Art. Join us for a variety of creative classes with our community partners throughout the Atlantic County!

# Atlantic Center for Independent Living

160 S. PITNEY RD., UNITS 3 & 4, GALLOWAY, NJ 08205  
PHONE: (609)748-ABLE (2253) | ATLANTICCIL.ORG

## Our Mission

*Atlantic Center for Independent Living, Inc. is a center that assists individuals with disabilities to live and work as independently as possible.*

## Our core services include:

### Information & Referral

Information about & referrals to services and organizations that can help you achieve your independence.

### Advocacy

Staff assist individuals with personal issues to advocate for what they need. Systems advocacy identifies issues that affect others within the community and develop strategies to bring about systems change.

### Peer Support

We believe that individuals experiencing the same issues (peers) are in the best position to support one another dealing with similar experiences.

### Life Skills Training

Services are designed to assist you in gaining the skills necessary to live independently in your community.

### Transition Services

**Youth:** Our youth services provide support and guidance to students transitioning from school to adult life with a strong emphasis on employment.  
**Seniors:** Atlantic staff can assist seniors living with disabilities to ensure they are receiving benefits and services designed to ensure the greatest independence possible with the goal of remaining within their communities.

# Community Spotlight



**Art Is IN The Making**  
 1st and 3rd Mondays in August!  
 6-8pm. All Supplies included  
 Call April at 609-277-7792 to participate!

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

The Atlantic Center for Independent Living supports equal access for all.  
 For accommodations please contact Jennifer at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org) | (609)748-2253 ext.4

## Chair Yoga



**Every Thursday in August at 10am**

This class meets in person at Your CBD Store.  
 790 White Horse Pike, Absecon  
 To attend call April at 609-277-7792 to register.




Enjoy one hour of mindful stretching and breathing with April Elias, experienced certified yoga teacher. This chair yoga class is accessible to all levels. It is hatha yoga, it involves controlling and balancing the body, the breath and the mind. Each class ends in a guided gratitude meditation.

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**Community Walks**  
 With Coach Tadriss & Friends  
 Tuesdays at 5:15pm  
 Stockton University Track  
 Call (609)748-2253 Ext. 4  
 For More Details.

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## Health Connection Call

**with Coach Tadriss and Friends**  
 2nd and 4th Wednesdays at 5:30pm

**Zoom Link**  
 Meeting ID: 872 9745 0944






Coach Tadriss Parker has been helping people in our community live healthier lives since 2013. Join in as he discusses topics such as; goal setting, healthy eating, healthy living, accountability, workout tips, weight management tips, and how to develop a positive mindset.

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## NFB South Jersey Shore Chapter



**10:00 am – 12:00 pm**  
**Next Meeting: August 17th**  
**Ocean City Library, 1735 Simpson Ave. (17th St. Entrance)**  
 For more information contact: President Ed Garcia at 650-759-0470  
 Please visit: <https://www.nfbnj.org/chapters/south-jersey-shore-chapter/>

# Our Stories

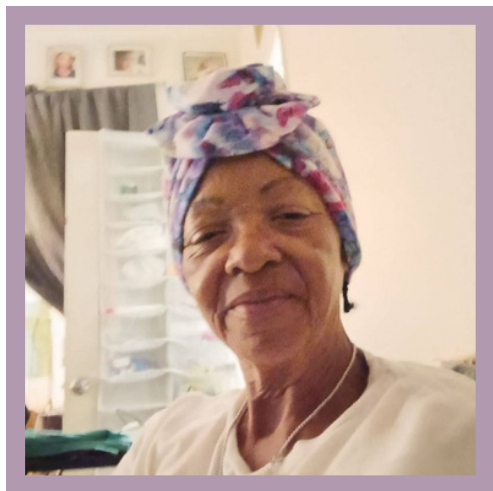


Photo: Wanda Habersham

**Wanda Habersham** is a strong and determined woman. She lives with nerve damage, neuropathy, and chronic pain, yet makes herself of service to others. Wanda is a dedicated member of her church where she volunteers to feed those experiencing homelessness, support those living with disabilities, and connect people in her community with resources.

In 2010 Wanda experienced an on the job physical attack that led her down an ongoing road to recovery. Her injuries required surgery that left her paralyzed from the waist down. Eventually she was presented with a medical intervention that would bring back some mobility. Wanda now lives with a spinal stimulator that allows her to walk again. Wanda expressed, “I am taking advantage that I am independent and can move around. I am determined to use my legs as long as God allows.” Unfortunately, her spinal stimulator has been recalled and will have to be removed. The result of removing this stimulator is unknown. In the meantime, Wanda remains faithful it will work out.

Wanda works with Atlantic CIL’s Independent Living Specialist, Dawn Padick. “Dawn came into my life when I needed help with an identity theft issue after a break in.” Dawn helped Wanda navigate communication with her Landlord, sort out an issue with social security, and take steps to fix her credit. Recently Atlantic CIL assisted Wanda with her wheelchair repair. “It touched my heart for the help,” she expressed, having her mobility device back allows her to remain living as independently as possible.

# How Social Security Protects You From Misleading Advertising and Communications

By Earth M. Nieves  
Social Security Public Affairs Specialists of Southern NJ

Social Security works with our Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. Section 1140 of the Social Security Act allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications.

OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and publications without our written approval.
- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement, phone call or email, you should let us know right away. Try to capture as many details as you can.

Here's what you can do:

- For suspicious websites or social media accounts, please take a screenshot of the page. Note the website address or social media link – and how you came across it.
- For emails and text messages, capture the entire message and any links or attachments.
- For mail, retain the complete communication, including the outside envelope and all inserts.
- For telephone solicitations, note the caller identification phone number and any company name or call back number provided by the caller or recorded message.

You can help us stop misleading advertising and communications. We encourage you to report possible scams to the OIG at [oig.ssa.gov/report](https://oig.ssa.gov/report). You can also call our fraud hotline at 1-800-269-0271 or send an email to [OIG.1140@ssa.gov](mailto:OIG.1140@ssa.gov).

# Inclusive Healthy Communities

## CIVIC ENGAGEMENT INITIATIVE

Civic engagement is an essential aspect of democracy that encourages individuals to take part in public life and actively contribute to society.

Imagine the impact we can all make by becoming more civically involved in our community.

All workshops are available virtually



Receive the zoom link for our workshops by joining United by Wellness at:  
<https://www.mhaac.info/ubw-how-to-join.html>



QR Code

Register for one of 24 Civic Action and Engagement workshops designed to offer building blocks for successful civic engagement.

*Closed Captioning will be available during this meeting. For any other meeting accommodations contact Ana Then at: [athen@atlanticcil.org](mailto:athen@atlanticcil.org) two weeks prior to each workshop.*



**ATLANTIC**  
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**Mental Health Association**  
in Atlantic County

**Inclusive Healthy Communities**  
NJ Division of Disability Services



*The Atlantic Center for Independent Living and The Mental Health Association in Atlantic County support equal access for all. This initiative was funded by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.*

# Virtual Support Groups & Activities

The Atlantic Center for Independent Living supports equal access for all.

For accommodations please contact Jennifer at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org) | (609)748-2253 ext.4

## Sketchbook Club | Monday | 1pm | Zoom

<https://us02web.zoom.us/j/83854391536?pwd=YWtFekQyeE9wTlBqdVpkQVIvRUdiQT09>

Call In: 1-309-205-3325 | Meeting ID 838 5439 1536

## Life Skills Activities | Monday | 2pm | Zoom

<https://us02web.zoom.us/j/83007585374?pwd=McU3UFciKbQjIltuB1kk9yLjCRufQp.1>

Call In: 1-346-248-7799 | Meeting ID: 830 0758 5374 | Passcode: 248110

## Life Skills Activities | Tuesday | 2pm | Zoom

<https://us02web.zoom.us/j/81172982370?pwd=V2hBUTBRQnZKZmdJb1VhelAzYzFGZz09>

Call In: 1-301-715-8592 | Meeting ID 811 7298 2370

## Current Events with Donald | Tuesday | 3pm | Zoom

<https://us02web.zoom.us/j/83238366293?pwd=aDErbzd3K0FKczZJeGl1Q3p5bmRLQT09>

Call In: 1-305-224-1968 | Meeting ID 832 3836 6293 | Passcode 955834

## Chronic Pain & Illness Support Group | Wednesday | 2pm | Zoom

<https://us02web.zoom.us/j/85449180096>

Call In: 1-301-715-8592 | Meeting ID 854 4918 0096

## Health Connection Call | 2nd and 4th Wednesdays | 5:30pm | Zoom

<https://us02web.zoom.us/j/87297450944>

Call In: 1-646-876-9923 | Meeting ID: 872 9745 0944

## Life Skills Activities | Thursday | 6pm | Zoom

<https://us02web.zoom.us/j/85063153999?pwd=NmJXd1ZUUhHpUkxneExISEJQWk8xQT09>

Call In: 1-646-931-3860 | Meeting ID 850 6315 3999 | Passcode 154100

## Socialization and Wellbeing Group | Friday | 1pm | Zoom

<https://us02web.zoom.us/j/88558466172>

Call In: 1-301-715-8592 | Meeting ID 885 5846 6172



## Additional Atlantic CIL Collaboration Activity Contacts

United by Wellness virtual support groups with MHA

Visit: <http://www.mhaac.info/ubw.html>

In-Person Art and Yoga Classes at Your CBD Store, Absecon

709 White Horse Pike, Absecon, NJ 08201

Contact April Elias at (609)277-7792

Community Walks with Coach Tadriss, Tuesdays at 5:15pm

Stockton University Track, 101 Vera King Farris Dr, Galloway, NJ 08205

Contact Jennifer at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org), (609)748-2253 ext.4

Express Yourself, coloring group, with NAMI ACM, 3rd Mondays | 6pm | Zoom

<https://us02web.zoom.us/j/82720309410?pwd=RzFWL2QyQjhkeFVBNEhFcjVZMlordz09>

Meeting ID: 827 2030 9410 Passcode: 238035, Contact Amanda at [namiacm.am@gmail.com](mailto:namiacm.am@gmail.com) for more info.

Atlantic Center for Independent Living, INC



# Monthly Calendar



# August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Chair Yoga 10am Life Skills 6pm	Social/Wellbeing 1pm	
	4	5	6	7	8	9
	11	12	13	14	15	16
	18	19	20	21	22	23
	25	26	27	28	29	30
						31

Contact us for more information at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org) | (609)748-2253 ext. 4



## Adventures without Barriers

with the Pinelands Preservation Alliance

Did you know Pinelands Adventures hosts inclusive and accessible family-friendly nature experiences? Details on their upcoming Adventures without Barriers in August can be found at their website, [www.pinelandsadventures.org](http://www.pinelandsadventures.org)

In addition to detailed information about accessibility for each location, Pinelands Adventures has several all-terrain wheelchairs available for use by request both electric and manual types. If you would like to use one of their wheelchairs to take part in an event email Sean Kane-Holland, Access Nature Disability Advocate at [sean@pinelandsalliance.org](mailto:sean@pinelandsalliance.org) or call 609-859-8860 ext 117.

Participants who are not requesting to use Pineland Adventures wheelchairs should come prepared with their own mobility assistive devices.



# Weekly Life Skills Activities

Join us for Life Skills every Monday, Tuesday, and Thursday! New topics are presented each week to assist you in gaining the skills necessary to live independently in your community.

## MONDAY

**Mondays at 2pm with Independent Living Specialist, Jamie Burke**

Zoom Meeting ID #: 830 0758 5374 | Passcode: 248110 | [Zoom Link](#)



**Summer Bucket List**

August 5, 2024 | 2:00 pm | Zoom Meeting ID #: 830 0758 5374  
Passcode: 248110 | [Zoom Link](#)

Draw and create a "Bucket List" of goals to achieve by the end of the summer!

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at [jamie.burke@atlanticcil.org](mailto:jamie.burke@atlanticcil.org)

The graphic features a beach scene with a blue bucket, a purple shovel, a starfish, and a pile of sand. The Atlantic Center for Independent Living logo is in the top right corner.



**Healthy Hygiene Habits**

Discuss how keeping good hygiene can have a positive impact on your daily routine!

August 12, 2024 | 2:00 pm | Zoom Meeting ID #: 830 0758 5374  
Passcode: 248110 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at [jamie.burke@atlanticcil.org](mailto:jamie.burke@atlanticcil.org)

The graphic shows hands being washed with soap and water, with bubbles and a hand sanitizer bottle. The Atlantic Center for Independent Living logo is in the top right corner.



**Stay Organized!**

Discover organizational skills that can simplify your daily life, ease stress, and help to manage your time.

August 19, 2024 | 2:00 pm  
Zoom Meeting ID #: 830 0758 5374  
Passcode: 248110 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at [jamie.burke@atlanticcil.org](mailto:jamie.burke@atlanticcil.org)

The graphic features a pink background with a folder icon, a checklist icon, and a notepad with the text "To do:". The Atlantic Center for Independent Living logo is in the top right corner.



**Social Anxiety Workshop**

Learn to identify and manage symptoms of social anxiety with peers.

REGULATE EMOTIONS  
DEVELOP SELF-ESTEEM  
IMPROVE COMMUNICATION SKILLS

August 26, 2024 | 2:00 pm | Zoom Meeting ID #: 830 0758 5374  
Passcode: 248110 | [Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jamie at [jamie.burke@atlanticcil.org](mailto:jamie.burke@atlanticcil.org)

The graphic has a purple background with a rainbow and stars. The Atlantic Center for Independent Living logo is in the top right corner.

# TUESDAY

Tuesdays at 2pm with Outreach and Activities Specialist, Jen Burke

Zoom Meeting ID #: 811 7298 2370 | Passcode: 513838 | [Zoom Link](#)

### SELF-ADVOCACY

Discuss the importance of self-advocacy, making informed decisions and communicating effectively.

**August 6, 2024 | 2:00 PM**  
 Meeting ID #: 811 7298 2370  
 Passcode: 513838  
[Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org) (609)748-2253 ext.4

### Computer Basics

Better navigate a computer by learning it's basic functions. If you are new to using a desktop or laptop or maybe have only ever used a phone to navigate the web, send an email, or search on google, this activity is for you! Contact Jennifer for more details.

**August 13, 2024 | 2:00 PM**  
 Zoom Meeting ID #: 811 7298 2370  
 Passcode: 513838  
[Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org) (609)748-2253 ext.4

### Drawing: Nature & Landscapes

Take some time to observe what is right outside your window. Set aside some creative time and learn tips on drawing nature and landscapes.

**August 27, 2024 | 2:00 PM**  
 Meeting ID #: 811 7298 2370  
 Passcode: 513838  
[Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at [jburke@atlanticcil.org](mailto:jburke@atlanticcil.org) (609)748-2253 ext.4

# THURSDAY

Thursdays at 6pm with Independent Living Specialist, Jenny Walker

Zoom Meeting ID #: 850 6315 3999 | Passcode: 154100 | [Zoom Link](#)

**YOU DESERVE ALL THE GOOD THINGS**

### Adopting a growth mindset.

**August 01, 2024 @ 6pm**  
 Meeting ID: 850 6315 3999  
 Passcode: 154100  
[Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at [jwalker@atlanticcil.org](mailto:jwalker@atlanticcil.org) or (609)748-2253 ext #3

### Support others.

Learning how to accept emotional support

**August 8, 2024 @ 6PM**  
 Meeting ID: 850 6315 3999  
 Passcode: 154100  
[Zoom Link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at [jwalker@atlanticcil.org](mailto:jwalker@atlanticcil.org) or (609)748-2253 ext #3

**You don't have to be able to see your whole future to take one step forward!**

**Your voice matters so learn to speak up for yourself~**

**Aug 15, 2024 @ 6pm**  
 Meeting ID: 850 6315 3999  
 Passcode: 154100  
[Zoom link](#)

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at [jwalker@atlanticcil.org](mailto:jwalker@atlanticcil.org) or (609)748-2253 ext #3

### Be kind!

MOST IMPORTANT RULE IS THE GOLDEN RULE

**UNDERSTANDING THE IMPORTANCE OF BEING KIND ESPECIALLY TO YOURSELF**  
 AUGUST 22TH @ 6PM-7PM

Meeting ID: 850 6315 3999  
 Passcode: 154100  
[Zoom Link](#)

This means to treat everyone with respect!

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jenny at [jwalker@atlanticcil.org](mailto:jwalker@atlanticcil.org) or (609)748-2253 ext #3

MOTIVATION - MOTIVATION - MOTIVATION

YOU'RE FREE TO BE DIFFERENT.

**AUG 29TH @ 6PM**  
 MEETING ID: 850 6315 3999  
 PASSCODE: 154100  
[ZOOM LINK](#)

How to be bold and live without fear, doubt, worry and regret!

THE ATLANTIC CENTER FOR INDEPENDENT LIVING SUPPORTS EQUAL ACCESS FOR ALL. FOR ACCOMMODATIONS PLEASE CONTACT JENNY AT [jwalker@atlanticcil.org](mailto:jwalker@atlanticcil.org) OR (609)748-2253 EXT #3

MOTIVATION - MOTIVATION - MOTIVATION

NOLLVAILLOW - NOLLVAILLOW - NOLLVAILLOW

# Collaboration Activities

Atlantic Center for Independent Living is excited to announce a partnership with the Noyes Museum of Art of Stockton University to co-sponsor accessible art classes throughout Atlantic County. In collaboration with many community partners, these classes will provide creative experiences for all abilities. Please follow the Noyes Museum on social media and visit their website for details as classes roll out and are open for registration.



[www.noyesmuseum.org](http://www.noyesmuseum.org)

**ACCESS to ART**

THE NOYES arts garage STOCKTON UNIVERSITY

Art Club.

**FREE**

**Location:** Sutton Studio  
320 12th St., Hammonton

**Dates:** Thursday, August 8, 4:00 to 6:00 p.m.

**Project Description:** Learn to combine natural, scent-based remedies with creativity so you can begin a simple yet effective way to maintain balance and wellness in your busy life. Each participant will choose their completed piece's subject, scents, and visual inspiration.

Co-sponsored with Atlantic Center for Independent Living supporting equal access for all. For accommodations, contact Michael Cagno, [mcagno@noyesmuseum.org](mailto:mcagno@noyesmuseum.org), 609-626-3420



**ACCESS to ART**

THE NOYES arts garage STOCKTON UNIVERSITY

**FREE**

We Care. P.I.L.O.T. Services

**Location:** Noyes Arts Garage  
2200 Fairmount Ave., Atlantic City

**Dates:** August through December  
2nd Thursdays at 11:00 - 12:30 PM  
4th Thursdays at 1:00 - 2:30 PM

**Project Description:** Creating art to foster creativity and skill development through guided, interactive, and hands-on experiences.

Co-sponsored with Atlantic Center for Independent Living supporting equal access for all. For accommodations, contact Michael Cagno, [mcagno@noyesmuseum.org](mailto:mcagno@noyesmuseum.org), 609-626-3420



Allies in Caring Presents

**Art for Superhero Kids**  
(Neurodiverse)

Autism

Down Syndrome

Explore, create, and have fun in a welcoming and understanding setting!

When: August 14, 2024  
Time: 5:00 P.M. - 6:30 P.M.  
Where: Con Vivir Wellness Hub  
100 S. Second St.  
Hammonton, NJ

Co-sponsored with Atlantic Center for Independent Living supporting equal access for all. For accommodations, contact [cramos@alliesincaring.org](mailto:cramos@alliesincaring.org), (609)858-2007

Scan QR code to register!

Con Vivir Wellness Hub

Noyes Museum of Art STOCKTON UNIVERSITY

# Collaboration Activities



## 12PM – 1PM MONDAYS: COPING SKILLS SUPPORT GROUP

MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMOD0YGOTGVGTSW\\_LUNGCBYEY582MB6VZKL](https://zoom.us/join/zoom/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/TJULDCORZ80H9XRYD030HTXQJPDNWCVR-T](https://zoom.us/join/zoom/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://US06WEB.ZOOM.US/MEETING/REGISTER/TZMOCEIRRD8IETAPS00DD-01VP4GHGIVIBFO](https://us06web.zoom.us/join/zoom/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 2568 3415 [HTTPS://ZOOM.US/MEETING/REGISTER/TJALDEYUJGUG9FAWK7J1M7HBNSYXHEZ3RROZ](https://zoom.us/join/zoom/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.

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

MEETING ID: 963 4262 7503 [HTTPS://ZOOM.US/MEETING/REGISTER/TJLUC-UURDWVGTEKARAOZU3IYUT8TLIL3U6](https://zoom.us/join/zoom/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.

## 10AM–11AM SUNDAYS: CHRONIC PAIN SUPPORT GROUP

MEETING ID: 891 6452 0279 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZOSCE2TRDSOHDZCUHEEDTNYHPP0AQ00LQ](https://us06web.zoom.us/join/zoom/89164520279)

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/MEETING/REGISTER/TJYQF-UTQTSRHNABPFWUMGQ4NVXJHIFKP-X](https://zoom.us/join/zoom/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 9665 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZ00DUUPRJSHNGSWWTJEDOSX88\\_DY88M04E](https://us06web.zoom.us/join/zoom/89512109665)

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