



Seniors, let's support each other through this COVID-19 pandemic.

We're here to help you stay active and stay connected.

RWJBarnabasHealth 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 seniors 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.

Tuesdays at 3pm Coping with Change

<https://zoom.us/j/97426759376?pwd=emh4NVBxQkhORDk2VGhybDh1aHVYUT09>

1 (929) 205-6099 Meeting ID: 974 2675 9376 Passcode: 275889

Wednesdays at 10am Coping with Change

<https://zoom.us/j/92508417386?pwd=RUFbZmhrUms0R08zOFgwbjZtTUZBdz09>

1 (929) 205-6099 Meeting ID: 925 0841 7386 Passcode: 871829

Thursdays at 10am Coping with Change

<https://zoom.us/j/93629625609?pwd=NWhUQTAYzZzhlA0dpb0YwZFhiUnZxdz09>

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

Fridays at 3pm Coping with Change

<https://zoom.us/j/95709779459?pwd=bG1Fd3JGa3U1RDBSWjJFQzBwc2E1dz09>

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

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**Institute for
Prevention
and Recovery**

**RWJBarnabas
HEALTH**



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