

Bergen CWC

To receive peer support calls:
please contact center manager
Lily Huang at (201) 489 8402 or lhuang@cspnj.org

Tuesday

1 pm: Outreach Calls
Aug 11 & 25: *HVN 2:15 pm*
3 pm: Social Wellness Group

Wednesday

2:30 - 5PM: Outdoor Group!
Exercise & Discussion
Meet us at **Memorial Park**
across from the center.
Bring a mask!

Thursday

1 pm: Outreach Calls
2:30: Coping
3 pm: Financial Wellness Group

Friday

2:30 pm: Fitness Fridays
3 pm: Environmental Wellness Group

Saturday

2:30 - 5PM: Outdoor Group!
Exercise & Art
Meet us at **Memorial Park** across from
the center. Bring a mask!

Join via Zoom: (929) 436 2866,
Meeting ID: 511 718 2376, Password: 023980

You can also join online at
zoom.us/join/5117182376

