

BETTER LIFE COMMUNITY WELLNESS CENTER

We will be providing Virtual Groups for the month of August. To join a group simply log on to www.zoom.us/join or call 1-929-436-2866 and enter ID number: 994 6437 3259

MONDAY

Morning Meditation: 8:00-8:30am
Individual Peer Support: 9am-1pm
15 Minutes of Power: 12-12:15pm-
(Call 774-220-4000 ID:5603095)
Community Outreach: 1-4pm

TUESDAY

Faith & Courage (Women Only): 8:30-9am
Individual Peer Support: 9am-1pm
*August 4: Poetry with Jackie 1-2pm
*August 11: Open Mic with Shariff 1-2pm
*August 18: Cooking with Rell 1-2pm
*August 25: Cooking with Carol 1-2pm
Community Outreach: 1-4pm

WEDNESDAY

Individual Peer Support: 9-11am
Addiction & Recovery: 11am-12pm
Community Outreach: 1-4pm

THURSDAY

Faith & Courage (Women Only): 8:30-9am
Fear & Anxiety: 1-2pm
Community Outreach: 2-4pm

FRIDAY

Faith & Courage (Women Only): 8:30-9am
Individual Peer Support: 9-11am
*August 7: Narcan Training 11am-12:30pm
Community Outreach: 12-4pm

SATURDAY

Individual Peer Support: 9am-1pm

To receive peer support phone calls please contact center manager, Shareatha Webster at (732) 810-5510 or swebster@cspnj.org

