

# CARE Center

To join a group, simply call (701) 802 5328  
and then dial the access code 254602# Online access at:  
[freeconferencecall.com/wall/mdurant1](http://freeconferencecall.com/wall/mdurant1)

## Tuesday

10-11 am: Women's Group  
12-1 pm: Check in Group  
1-3 pm: Individual Peer Support  
6-7 Dual Recovery

## Wednesday

10-11 am: Physical Wellness Group  
11-1 pm: Individual Peer Support  
1-3 pm: Men's Group

## Thursday

10-11 am: Peer to Peer Rap Group  
11-2 pm: Individual Peer Support  
2-3 pm: Hearing Voices

## Friday

10-11 am: Check in Group  
1-2 pm: Physical Wellness Group  
2-3 pm: Individual Peer Support  
6-7: Dual Recovery

## Saturday

10-11 am: Peer to Peer Rap Group  
12-1 pm: Coping Skills  
2-3 pm: Individual Peer Support

To receive peer support calls:  
please contact center manager  
Michelle Durant at (732) 455 5358  
or [mdurant@cspnj.org](mailto:mdurant@cspnj.org)

