

Up Your Alley

To receive peer support calls:
please contact center manager Pat Leary
at (856) 881 2204 pleary@cspnj.org

Sunday

1-2 pm: Goals and Gratitude
3-5 pm: Outreach

Monday

Aug. 10 & 24: 1-2 pm GROW
Aug. 17: 1-2 pm Movement Therapy
2-3 pm: Exercise
2-5 pm: Peer Outreach
Aug 31 @ 3:30pm Community Meeting

Tuesday

1-2 pm: Staff Meeting
330-430 pm: RL Group
2-5 pm: Peer Outreach

Wednesday

1-2 pm: Zoom Peer Group
2-3 pm: Exercise (Use Zoom login)
Aug. 19: 3:30 pm Choices
3-5 pm: Peer Outreach

Thursday

1-2 pm: Outreach
2-3 pm: Exercise
Aug 6 & 20: 330-430 pm Journaling
Aug 13 & 27: 330-430 pm Wellness
5-6 pm: PROUD Surveys

To join a group, call (978)990 5000 and
Access ID: 136802

To join a Zoom group, call (646) 876 9923 and
Meeting ID: 8571253344 & password: 834540

