

# BETTER LIFE COMMUNITY WELLNESS CENTER

We will be providing Virtual Groups for the month of September. To join a group simply log on to [www.zoom.us/join](http://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  
\*1st week: Poetry with Jackie 1-2pm  
\*2nd week: Open Mic with Shariff 1-2pm  
\*3rd week: Cooking with Rell 1-2pm  
\*4th week: 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  
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](mailto:swebster@cspnj.org)

