



SUN

MON

TUE

WED

THU

FRI

SAT

MAY

Reach Out Speak Out Wellness Center of Trenton

Zoom Links

Hearing Voices Network

Monday 1 PM Meeting ID: 950 7318 1859

Community Resources

Tuesday 1 PM Meeting ID: 957 4762 8267

Meditation With Jim

2nd & 4th Tuesday 3 PM Meeting ID: 910 5300 2643

Wellness Wednesdays

Wednesday 10 AM ID: 930 2549 0002 Password: 389303

Peer Training

Thursday 10 AM Meeting ID: 927 0164 2140

Grow

Thursday 4 PM Meeting ID: 896 6366 0664 Password: 706175

Steps to Wellness

Friday 10 AM ID: 923 0200 4456 Pass: 418251

Artz in Motion

2nd & 4th Friday 3:30-5 pm Meeting ID: 950-275-4870

Financial Group

1st & 3rd Friday 3pm Meeting ID: 927 3586 6926

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 11-4 MOBILE PEER SUPPORT CALLS 1PM HEARING VOICES NETWORK DONATION PICKUPS	4 11-4PM COVID RELIEF CALLS- 1PM COMM. RESOURCE GROUP 2-4 NETWORK CALLS	5 11-4PM MOBILE PEER SUPPORT CALLS 10AM WELLNESS WEDS 1-4 COVID RELIEF DELIVERIES F2F	6 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING 4PM GROW	7 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS 3PM FINANCIAL GROUP	8
8	10 11-4 MOBILE PEER SUPPORT CALLS 1PM HEARING VOICES NETWORK DONATION PICKUPS	11 11-4PM COVID RELIEF CALLS 1-3 NETWORK CALLS 3PM MEDITATION W/ JIM	12 11-4PM MOBILE PEER SUPPORT CALLS 10AM WELLNESS WEDS 1-4 COVID RELIEF DELIVERIES F2F	13 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING 4PM GROW	14 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS 3:30PM ARTZ IN MOTION	15
16	17 11-4 MOBILE PEER SUPPORT CALLS 1PM HEARING VOICES NETWORK DONATION PICKUPS	18 11-4PM COVID RELIEF CALLS- 1PM COMM. RESOURCE GROUP 2-4 NETWORK CALLS	19 11-4PM MOBILE PEER SUPPORT CALLS 10AM WELLNESS WEDS 1-4 COVID RELIEF DELIVERIES F2F	20 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING 4PM GROW	21 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS 3PM FINANCIAL GROUP	22
23	24 11-4 MOBILE PEER SUPPORT CALLS 1PM HEARING VOICES NETWORK DONATION PICKUPS	25 11-4PM COVID RELIEF CALLS 1-3 NETWORK CALLS 3PM MEDITATION W/ JIM	26 11-4PM MOBILE PEER SUPPORT CALLS 10AM WELLNESS WEDS 1-4 COVID RELIEF DELIVERIES F2F	27 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING 4PM GROW	28 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS 3:30PM ARTZ IN MOTION	29
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For More Information,
email lblecher@cspnj.org

