

# BRIGHTER DAYS WELLNESS CENTER

**WE'RE OPEN FOR IN PERSON SERVICES!**

268 Bennett's Mills Road, Jackson, NJ 08527

## **TUESDAY**

**12PM** Relationships

**2PM** Individual Peer Support

**4PM** Women's Group

## **WEDNESDAY**

**12PM** Dual Recovery

**2PM** Individual Peer Support

**4PM** Peer to Peer : Goals Group

## **THURSDAY**

**12PM** Hearing Voices

**2PM** Individual Peer Support

**4PM** Coping with Anxiety

## **FRIDAY**

**12PM** Coping with Stress

**2PM** Individual Peer Support

**4PM** Physical Wellness

## **SATURDAY**

**12PM** Social Connections

**2PM** Individual Peer Support

**4PM** Current Events

**JUNE 4 1PM** Business Meeting

**JUNE 25 1PM** Community Meeting

**To receive peer support calls:**

please contact center manager  
Michele Lockhart at (732) 534 9960  
or [mlockhart@cspnj.org](mailto:mlockhart@cspnj.org)

**JOIN VIA ZOOM:** Call 929 436 2866 Dial meeting ID: 431 325 4238

**Join online:** [zoom.us/j/4313254238](https://zoom.us/j/4313254238)