

# A WAY TO FREEDOM WELLNESS CENTER

**NOVEMBER 2021**  
**WE'RE OPEN FOR IN PERSON SERVICES!**  
29 Trinity Street Newton, NJ 07860

## **MONDAY**

**1130 AM** Training & Educational Group  
**1 PM** Zoom Discussion Group  
**2PM WEEK 2&4** Community Meeting

## **THURSDAY**

**1130 AM** Training & Educational Group  
**1PM** Dual Recovery via Zoom  
**2PM** Wrap Up

## **SATURDAY**

**1130 AM** Free Talk  
**NOV 22 THANKSGIVING DINNER**

## **TO RECEIVE PEER SUPPORT CALLS:**

please contact center manager  
Betty McTeague at (973) 300 0830  
or [bmcteague@cspnj.org](mailto:bmcteague@cspnj.org)

## **WEDNESDAY**

**1130 AM** Emotional Wellness  
**1PM** PROUD 2B Well: Physical Wellness  
via Zoom: Stress Reduction & Managing  
Diabetes  
**2PM** Wrap Up

## **FRIDAY**

**1130 AM** Topic Group  
**1 PM** Mindfulness & Zoom Group  
**2PM** Wrap Up

## **INDIVIDUAL PEER SUPPORT**

**1130AM - 330PM** Daily

## **TO JOIN A GROUP @ 1PM**

call (929) 436 2866  
meeting ID: 263 818 4808#