

Freedom Trail Wellness Center

NOVEMBER 2021

WE'RE OPEN FOR IN PERSON SERVICES!

166 West Main Street Somerville, NJ 08876

TUESDAY

1030AM Living with Mental Illness

1PM Goals Group

WEDNESDAY

230PM Building Good Immune Health

3PM GROW - Use Zoom info below

5PM TAFA Housing Group

THURSDAY

1030AM Relapse Prevention

1PM Poetry Group

FRIDAY

230PM Healthy Boundaries

5PM Mindfulness

NOV 26 5PM Business Meeting

SATURDAY

1230PM Emotional Wellness

3PM Weekend Planning

HOURS OF OPERATION

10AM-3PM Tuesday/Thursday

2PM-7PM Wednesday/Friday

12PM-5PM Saturday

JOIN VIRTUALLY

Call 646 568 7788 **Meeting ID** 272 218 3657 & **Access Code:** 216467

JOIN ONLINE zoom.us/j/2722183657

For **Peer Support**, please contact center Manager, Jeff Phillips at
908 722 5778 or jphillips@cspnj.org

