



## Zoom Links

Hearing Voices Network  
Monday 10 AM  
Meeting ID: 950 7318 1859

Hobby Group  
Tuesday 10 AM Meeting ID: 957 4762 8267

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

Community Resources  
1st & 3rd 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

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



SUN

MON

TUE

WED

THU

FRI

SAT

# DECEMBER

## Reach Out Speak Out Wellness Center of Trenton



For More  
Information, email  
lblecher@cspnj.org

			1 11-4PM MOBILE PEER SUPPORT CALLS 10AM WELLNESS WEDS 1-4 COVID RELIEF DELIVERIES F2F	2 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING	3 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS	4
	6 11-4 MOBILE PEER SUPPORT CALLS 10 AM HEARING VOICES NETWORK DONATION PICKUPS	7 11-4PM COVID RELIEF CALLS- 10 AM HOBBY GROUP 3 PM MEDIATION	8 11-4PM MOBILE PEER SUPPORT CALLS 10AM WELLNESS WEDS 1-4 COVID RELIEF DELIVERIES F2F	9 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING	10 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS 3:30PM ARTZ IN MOTION	11
12	13 11-4 MOBILE PEER SUPPORT CALLS 10 AM HEARING VOICES NETWORK DONATION PICKUPS	14 11-4PM COVID RELIEF CALLS- 10 AM HOBBY GROUP 3 PM COMM. RESOURCES	15 11-4PM MOBILE PEER SUPPORT CALLS 10AM WELLNESS WEDS 1-4 COVID RELIEF DELIVERIES F2F	16 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING	17 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS	18
19	22 11-4 MOBILE PEER SUPPORT CALLS 10 AM HEARING VOICES NETWORK DONATION PICKUPS	21 11-4PM COVID RELIEF CALLS- 10 AM HOBBY GROUP 3 PM MEDIATION	22 11-4PM MOBILE PEER SUPPORT CALLS 10AM WELLNESS WEDS 1-4 COVID RELIEF DELIVERIES F2F	23 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING	24 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS 3:30PM ARTZ IN MOTION	25
	27 11-4 MOBILE PEER SUPPORT CALLS 10 AM HEARING VOICES NETWORK DONATION PICKUPS	28 11-4PM COVID RELIEF CALLS- 10 AM HOBBY GROUP 3 PM COMM. RESOURCES	29 11-4PM MOBILE PEER SUPPORT CALLS 10AM WELLNESS WEDS 1-4 COVID RELIEF DELIVERIES F2F	30 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING	31 10AM STEPS TO WELLNESS	

