JANUARY 2022
WE'RE OPEN FOR IN PERSON SERVICES!
177 Hudson Street Hackensack, NJ 07601

MONDAY
JAN 10
7PM NAMI Connections (Zoom)

TUESDAY
JAN 4 & 18
2PM Quotations
230PM P2BW: Stress Reduction
JAN 11 & 25
2PM - HVN
230PM Quotations

FRIDAY
2 PM P2BW: Healthy Heart

WEDNESDAY
JAN 5 & 19
2 PM Substance Use
JAN 12 & 26
2PM Immune Health

THURSDAY
2 PM Social Wellness

SATURDAY
2PM Art Activity w/ TAFA

JAN 8 @ 11AM
CAMHOP via NAMI. Contact center for call-in info

For Peer Support, please contact center Manager, Lily Huang at 201 489 8402 or lhuang@cspnj.org

JOIN VIA ZOOM: (929) 436 2866, MEETING ID: 201 489 8402#
JOIN ONLINE AT ZOOM.US/J/2014898402