

SUN

MON

TUE

WED

THU

FRI

SAT

Zoom Links

Meditation With Jim

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

Hearing Voices Network

Wednesday 10 AM
Meeting ID: 950 7318 1859

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

MAY

Reach Out Speak Out Wellness Center of Trenton



For More
Information, email
lblecher@cspnj.org

	2 11-4 MOBILE PEER SUPPORT CALLS DONATION PICKUPS	3 11-4PM COVID RELIEF CALLS- 3 PM MEDITATION W/ JIM	4 11-4PM MOBILE PEER SUPPORT CALLS 10AM HEARING VOICES NETWORK 1-4 COVID RELIEF DELIVERIES F2F	5 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING	6 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS	7
	9 11-4 MOBILE PEER SUPPORT CALLS DONATION PICKUPS	10 11-4PM COVID RELIEF CALLS- 3 PM MEDITATION W/ JIM	11 11-4PM MOBILE PEER SUPPORT CALLS 10AM HEARING VOICES NETWORK 1-4 COVID RELIEF DELIVERIES F2F	12 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING	13 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS 3:30PM ARTZ IN MOTION	14
15	16 11-4 MOBILE PEER SUPPORT CALLS DONATION PICKUPS	17 11-4PM COVID RELIEF CALLS- 3 PM MEDITATION W/ JIM	18 11-4PM MOBILE PEER SUPPORT CALLS 10AM HEARING VOICES NETWORK 1-4 COVID RELIEF DELIVERIES F2F	19 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING	20 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS	21
22	23 11-4 MOBILE PEER SUPPORT CALLS DONATION PICKUPS	24 11-4PM COVID RELIEF CALLS- 3 PM MEDITATION W/ JIM	25 11-4PM MOBILE PEER SUPPORT CALLS 10AM HEARING VOICES NETWORK 1-4 COVID RELIEF DELIVERIES F2F	26 11-4PM MOBILE PEER SUPPORT CALLS 10AM PEER TRAINING	27 11-4PM MOBILE PEER SUPPORT CALLS 10AM STEPS TO WELLNESS 3:30PM ARTZ IN MOTION	28
	30 11-4 MOBILE PEER SUPPORT CALLS DONATION PICKUPS	31 11-4PM COVID RELIEF CALLS- 3 PM MEDITATION W/ JIM				

