



# Seniors, let's support each other through this COVID-19 pandemic.

We're here to help you stay active and stay connected.

RWJBarnabasHealth Institute for Prevention and Recovery's Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.

Through a variety of virtual services, this program aims to assist seniors to better adjust to their new reality, mitigate stress, review options, develop coping strategies and, if needed, find linkages to agencies, programs, and other resources in their community.

## Virtual Meetings

**Tuesdays at 3 pm | Coping with Change**

<https://zoom.us/j/97426759376?pwd=emh4NVBxQkhORDk2VGhybDh1aHVYUT09>

Dial in: 1-929-205-6099

Meeting ID: 974 2675 9376

Passcode: 275889

**Fridays at 3 pm | Coping with Change**

<https://zoom.us/j/95709779459?pwd=bG1Fd3JGa3U1RDBSWjJFQzBwc2E1dz09>

Dial in: 1-929-205-6099

Meeting ID: 957 0977 9459

Passcode: 542469

hopeandhealing@rwjbh.org  
833-795-HOPE (4673)

[rwjbh.org/hopeandhealing](http://rwjbh.org/hopeandhealing)

**Institute for  
Prevention  
and Recovery**

**RWJBarnabas  
HEALTH**



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