

# WEEKLY SUPPORT GROUPS



## July & August

### Mondays

#### Grief Support Group

2-3pm

### Wednesdays

#### Motivational Moment for Managers

"MoMoMa"

2-3pm

#### Yoga and Wellness

6-7pm

### Fridays

#### Coping with Transition

2-3pm

**ENTER ZOOM ID &  
PASSCODE TO JOIN:**

**MEETING ID: 939 2266 2794**

**PASSCODE: 659532**

<https://bit.ly/3gaJvhJ>

Call our free and confidential  
helpline for more information

**516-510-0282**

Scan the QR  
code to view  
our group  
calendar or to  
join a meeting.

