



# 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**



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by RWJBarnabas Health Institute for Prevention and Recovery in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.



# During the COVID-19 pandemic, emotional resilience is vital.

RWJBarnabas Health 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 those impacted by the pandemic 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.

Services will be provided in **Essex, Hudson, Mercer, Middlesex, Monmouth, Ocean, Somerset and Union counties.**

#### For more information, contact:

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

#### Focused services provided for:

- Healthcare workers
- First responders
- Seniors
- Children and families
- Individuals with substance use disorder

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# Durante la pandemia del COVID-19, la fortaleza emocional es vital.

El Programa Hope and Healing del RWJBarnabas Health Instituto de Prevención y Recuperación ofrece servicios de apoyo emocional, educación y recursos comunitarios para las personas y familias afectadas por la pandemia del COVID-19.

A través de una variedad de servicios virtuales, este programa tiene como objetivo ayudar a los afectados por la pandemia a adaptarse mejor a su nueva realidad, mitigar el estrés, considerar opciones, desarrollar estrategias de enfrentamiento y, si es necesario, encontrar vínculos con agencias, programas y otros recursos en su comunidad.

Los servicios se brindarán en los condados de **Essex, Hudson, Mercer, Middlesex, Monmouth, Ocean, Somerset y Union.**

## Para más información contacte:

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

## Servicios provistos enfocado en:

- Trabajadores de la salud
- Personal de primera respuesta
- Personas mayores
- Niños y familias
- Personas con trastorno por uso de sustancias

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Este programa se ofrece a través del New Jersey Hope and Healing Crisis Counseling Program (CCP). El CCP es suministrado por el RWJBarnabas Health Instituto de Prevención y Recuperación en colaboración con la División de la Salud Mental y Servicios de Adicciones del Departamento de Recursos Humanos de New Jersey y financiado mediante una subvención de FEMA/SAMHSA.