



United by Wellness

a virtual wellness center

VIRTUAL WELLNESS CENTER -- ZOOM IN OR CALL

FREE EMOTIONAL SUPPORT, EDUCATION & ADVOCACY

NON-JUDGEMENTAL, SAFE, DIVERSE COMMUNITY

**MULTIPLE GROUPS - 7 DAYS A WEEK. SUCH AS:
MENTAL WELLNESS, COPING SKILLS, EMPLOYMENT
WELLNESS, SUPPORT GROUPS, RELAXATION
TOOLS, PEER CAREER INFO, AND MANY OTHERS**

PURSUE YOUR INTERESTS, JOIN OTHERS

For Info: <http://www.mhaac.info/ubw>

To join: <https://www.surveymonkey.com/r/8VXP2K8>

Questions: UNITEDBYWELLNESS@MHANJ.org
or 609-652-3800.