



NJ Hope and Healing
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November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>November's self-care sessions will focus on gratitude & different coping mechanisms to help relieve holiday stress!</p>	1	2 7:00 - 8:00 PM Journaling & Affirming: <i>Practicing an Attitude of Gratitude</i>	3 6:00 - 7:00 PM "Resiliency For You" Presentation: <i>Address Your Holiday Stress</i>	4 12:00 - 12:45 PM Lunch & Learn: <i>Mindfulness: How to Have Courage When There is No Path</i>	5	6
7	8 11:00 - 11:45 AM Meditation & Yoga: <i>Stretch Into the Season</i>	9 6:00 - 7:00 PM Game Night <i>Self-Care Jeopardy, Resilience Wheel of Fortune, or Bingo</i>	10 11:00 - 11:45 AM Mindful Moments: <i>Creating Your Oxygen List</i>		12	13
14	15 6:00 - 7:00 PM "Cultivating Resiliency After Loss" <i>Drop-In Sessions With Our Crisis Counselors</i>	16 7:00 - 8:00 PM Journaling & Affirming: <i>Supportive Relationships</i>	17 6:00 - 7:00 PM "Resiliency For You" Presentation: <i>Address Your Holiday Stress</i>	18 12:00 - 12:45 PM Lunch & Learn: <i>Mindfulness: How Mindful Gratitude Can Change Your Brain</i>	19	20
21	22 11:00 - 11:45 AM Meditation & Yoga: <i>Stretch Into the Season</i>	23 6:00 - 7:00 PM Noche de Juegos <i>Jeopardy de Cuidado Personal, Rueda de la Fortuna de Resiliencia, o Bingo</i>	24 11:00 - 11:45 AM Mindful Moments: <i>Exploring Gratitude & What It Means To You</i>		26	27
	29 6:00 - 7:00 PM "Cultivating Resiliency After Loss" <i>Drop-In Sessions With Our Crisis Counselors</i>	30 6:00 - 7:00 PM Game Night <i>Self-Care Jeopardy, Resilience Wheel of Fortune, or Bingo</i>			Scan the QR Code to see event descriptions or to register! 	



Event Descriptions

All events held virtually via Zoom.

Click on the underlined dates to register for one or more dates.



Morning Meditation & Yoga Series

Mon. 11/8 & 11/22 @ 11 AM (45 Minutes)
Joy will share her favorite meditations & guide you through a series of beginner-friendly yoga poses for stretching the body, calming the mind, & helping to prepare you for the season ahead both physically & mentally. (No mat required.)
#Namaste



Cultivating Resiliency After Loss

Mon. 11/15 & 11/29 @ 6 PM (1 Hour)
*The holiday season can be a rough time for those who have experienced loss! Join us for a facilitated group discussion on how to cultivate your personal resiliency OR speak one-on-one with a counselor. *Dependent on number & preference of attendees. No registration required.**



Journaling & Affirming

Tues. 11/2 & 11/16 @ 7 PM (45-60 Minutes)
An introduction to journaling, affirming, & how the two go hand-in-hand. Kippie will discuss the topics of: "Practicing an Attitude of Gratitude-It Starts From Within" (11/2) & "Supportive Relationships" (11/16).
*No registration required for these sessions.



Game Night

Tues. 11/9 & 11/30 @ 6 PM (45-60 Minutes)
An interactive way to learn about self-care techniques while participating in fun games like Self-Care Jeopardy, Resilience Wheel of Fortune, or Bingo with Grant, Kennia, & Alana!



Noche de Juegos

Martes 11/23 @ 6 PM (45-60 Minutes)
Una forma interactiva de aprender sobre técnicas de cuidado personal mientras participa en juegos divertidos como Jeopardy de Cuidado Personal, Rueda de la Fortuna de Resiliencia, o Bingo con Kennia & Alana!



"Resiliency For You" Presentation

Wed. 11/3 & 11/17 @ 6 PM (1 Hour)
Our 1-hour resiliency presentation designed to help cultivate & refuel personal resiliency, customized to identify & address the specific stressors you may encounter during the upcoming holiday season.



Mindful Moments

Wed. 11/10 & 11/24 @ 11 AM (45 Minutes)
Just in time for Thanksgiving! Take a moment with Silvia to focus on creating a personalized Oxygen List (11/10), or to join in a group discussion on the meaning & many facets of gratitude (11/24).



Lunch & Learn: Mindfulness

Thurs. 11/4 & 11/18 @ 12:00 PM (45 Minutes)
Ease into the season by spending a lunch break with Kathy practicing Mindfulness! Sessions will focus on: "The Unknown: How to Have Courage When There is No Path" (11/4) & "How Mindful Gratitude Can Change Your Brain." (11/18)