
























NJ Hope and Healing
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October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ease into fall with our public self-care sessions OR schedule a private session for your group/workplace!		Scan the QR Code to see event descriptions or to register! 			1	2
3	4 11:00 - 11:45 AM Morning Meditation & Yoga 	5  6:00 - 7:00 PM Noche de Juegos en Familia	6 11:00 - 11:45 AM Mindful Moments: Meaningfulness 	7 11:00 - 11:45 AM Journaling & Affirming: Imposter Syndrome/ Self Love 	8	9
10	11 11:00 - 11:45 AM Morning Meditation & Yoga 	12  6:00 - 7:00 PM Family Game Night	13 11:00 - 11:45 AM Mindful Moments: The Oxygen List 	14  11:00 - 11:45 AM Journaling & Affirming: Supportive Relationships Parent Resiliency Hour 6:00 - 7:00 PM 	15	16
17	18 11:00 - 11:45 AM Morning Meditation & Yoga 	19  6:00 - 7:00 PM Noche de Juegos en Familia	20 11:00 - 11:45 AM Mindful Moments: Setting Intentions 	21 11:00 - 11:45 AM Mindfulness: Mindful Leadership 	22	23
24	25 11:00 - 11:45 AM Morning Meditation & Yoga 	26  6:00 - 7:00 PM Family Game Night	27 11:00 - 11:45 AM Mindful Moments: New Topic Reveal! 	28  11:00 - 11:45 AM Mindfulness: Mindful at Work Parent Resiliency Hour 6:00 - 7:00 PM 	29	30
31 Happy Halloween! 						



Event Descriptions

All events held virtually via Zoom unless otherwise noted.

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



Morning Meditation & Yoga Series

Mon. 10/4, 10/11, 10/18, & 10/25 @ 11 AM
Jumpstart your week with a guided meditation & beginner-friendly yoga. No mat required. #Namaste!



Journaling & Affirming

Thurs. 10/7 & 10/14 @ 11 AM
An introduction to journaling & affirming with a focus on the topics of imposter syndrome/self-love (10/7), and supportive relationships (10/14)



Noche de Juegos en Familia

Martes 10/5 & 10/19 @ 6 PM
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!



Mindfulness

Thurs. 10/21 & 10/28 @ 11 AM
Learn to reduce anxieties and respond rather than react while focusing on the topics of mindful leadership (10/21) and how to use mindfulness at work (10/28).



Family Game Night

Tues. 10/12 & 10/26 @ 6 PM
An interactive way to learn about self-care techniques while participating in fun games like Self-Care Jeopardy, Resilience Wheel of Fortune, or Bingo!



Parent Resiliency Hour

Thurs. 10/14 & 10/28 @ 6 PM
*Our 1-hour resiliency presentation geared toward parents of school-aged children throughout NJ. Designed to help parents cultivate & refuel resiliency! *The session/presentation will be the same on both dates.*



Mindful Moments Series

Wed. 10/6, 10/13, 10/20, & 10/27 @ 11 AM
Take a moment to focus on finding meaning (10/6), creating your oxygen list (10/13), or setting intentions (10/20). Bonus: A new topic will be introduced 10/27!