

# MOVING ON FROM LANGUISHING: TOOLS FOR COPING AND BUILDING RESILIENCE



**FRIDAY, APRIL 1<sup>ST</sup> @ 3:30PM**



MEETING ID: 879 6258 3593

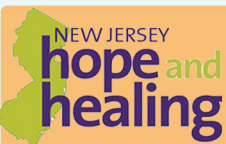
PASSCODE: 177383

CLICK LINK TO JOIN: <https://bit.ly/3vr2MEV>

This webinar will examine how the disruption from the pandemic may be creating that "meh" feeling and impacting how we move forward to approach the "new normal."



**STOCKTON**  
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This program is brought to you by NJ Hope and Healing- CCP program The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a (FEMA/SAMHSA) grant.  
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