Listening Hearts and Minds Support Groups

These are unusual times - how are you doing?
This is a safe place to talk

Virtual groups for pregnant and parenting women co-facilitated by experienced counselors

Tuesdays: 6:00pm

Topics
• Parenting skills
• Coping with COVID 19
• Stress management
• Keeping our mental health healthy
• Meditation
• More...

Preregistration required.
Contact Deena Cohen
dcohen@cjfhc.org
888-633-5502

sponsored by

Central Jersey Family Health Consortium

30 Silverline Drive • 2nd Floor • Suite 1 • North Brunswick, NJ • 08902
www.CJFHC.org
(732) 937-5437  (732) 937-5540
@info_CJFHC  @CentralJerseyFamilyHealthConsortium