



NJ Hope and Healing
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April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>April is Stress Awareness Month!</i></p>	<p><i>H&H is here throughout the month to help you de-stress & refuel your resiliency!</i></p>		<p>Scan the QR Code to see event descriptions or to register!</p> 		<p>1 <i>Ramadan Begins</i> 2</p> 	
3	4	5	6	7	8	9
				6:00—7:00 PM Change the Channel	11:00 - 11:30 AM All About Stress!	
10	11	12	13	14	15	16
		2:00 - 3:00 PM Journaling & Affirming	11:00 - 11:45 AM Easing the Effects Of Stress		<p><i>Passover Begins</i></p> 	
17	18	19	20	21	22	23
					<p><i>Passover Ends</i></p> 	
24	25	26	27	28	29	30
		6:00 - 7:00 PM Push Past Self-Doubt & Release Stress	6:00 - 7:00 PM Mindfulness-Based Stress Reduction			



All events held virtually via Zoom.

Event Descriptions



Click on the underlined dates to register for an event.



Change the Channel **Thursday 4/7 @ 6 PM**

Start your weekend participating in a creative storytelling process that combats stressful thoughts with helpful, positive thoughts.



All About Stress **Friday 4/8 @ 11 AM**

Learn about the effects of stress on your physical and mental health as well as some new and creative ways to decrease stress in this 30-minute presentation!



Journaling & Affirming **Tuesday 4/12 @ 2 PM**

In this workshop, you will learn about all the benefits of journaling & affirming and how putting your thoughts on paper can help you relieve stress - "write" away! (A collaboration with the Chester Library.)



Easing the Effects of Stress **Wednesday 4/13 @ 11 AM**

Join us as we explore different coping strategies for dealing with stress so that we don't become overwhelmed!



Push Past Self-Doubt & Release Stress **Tuesday 4/26 @ 6 PM**

Sometimes, our self-doubts can create additional stress. Join us for a fireside conversation to support and encourage each other. Engage in some stress relief techniques that will teach you how to overcome those stressful moments.



Mindfulness-Based Stress Reduction **Wednesday 4/27 @ 6 PM**

This workshop focuses on meeting the present moment with kindness, reducing anxieties, and how to respond to stressors rather than react. The event will end with a short meditation.