



NEW    
COMMUNITY



COVID has changed our daily lives.

NJ Hope and Healing at the Family Service Bureau of Newark is available to assist communities affected by COVID-19. We are a neighbor helping neighbor team providing the following workshops:

- Self-Care
- Stress Management
- Grief
- Anxiety
- Anger Management
- Parenting
- Emotional Regulation
- Nurturing Healthy Relationships
- Nutrition
- Isolation and its Impact
- Conflict Resolution
- Seasonal Affective Disorder
- Compassion Fatigue

Services are available in Bergen, Essex, and Hudson counties.



Email us at FSBNJHH@newcommunity.org to set up virtual workshops.



This program is brought to you by/through NJ Hope and Healing Crisis Counseling Program (CCP). Family Service Bureau of Newark in Collaboration with the NJ 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.