Heart & Soul Offers
Virtual Peer Support Groups Online
You are invited to join us virtually for activities, connection, and support, wherever you are located. Welcome!

MONDAY
• WEEKLY Virtual Drop-In Hours 4:00 - 5:00 pm
  https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklPN2FycExwZz09
  Meeting ID: 827 2064 7565    Passcode: 344705

TUESDAY
• 2ND and 4TH Tuesday of the Month WRAP Support Group 3:30 – 5:00 pm
  https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBleG90ME1GVmN6bnErzd09
  Meeting ID: 886 7804 1239    Passcode 270418

WEDNESDAY
• WEEKLY Virtual Drop-In Hours 10:00 am – 11:00 am
  https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklPN2FycExwZz09
  Meeting ID: 827 2064 7565    Passcode: 344705

THURSDAY
• WEEKLY Total Wellness Online 11:00 am
  https://us06web.zoom.us/j/67363858797?pwd=cWsRE80NnpHR2dDZ2V3cEg4MmRDZz09
  Meeting ID: 977 6794 1774    Passcode: 123456
• WEEKLY Mindful Movement 2:00 pm
  https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklPN2FycExwZz09
  Meeting ID: 827 2064 7565    Passcode: 344705
• MONTHLY 1ST Thursday of the Month Alternatives to Suicide 3:30 – 5:00 pm
  https://us06web.zoom.us/j/82363351925?pwd=dEV1NGRlcVpGMkc2bXdSMW5VK1laQT09
  Meeting ID: 823 6335 1925    Passcode not required
• MONTHLY 2ND Thursday of the Month Hearing Voices Support Group 3:30 – 5:00 pm
  https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrk1JxZz09
  Meeting ID: 861 5302 5168    Passcode: 535321

FRIDAY
• MONTHLY on the Friday following Open House Virtual Open House 7:00 pm
  https://us06web.zoom.us/j/67363858797?pwd=cWsRE80NnpHR2dDZ2V3cEg4MmRDZz09
  Meeting ID: 673 638 5879    Passcode: 873289

SATURDAY
• MONTHLY 2ND Saturday of the Month Men’s Group 4:00 pm
  https://us06web.zoom.us/j/67363858797?pwd=cWsRE80NnpHR2dDZ2V3cEg4MmRDZz09
  Meeting ID: 673 638 5879    Passcode: 873289
• MONTHLY 3RD Saturday of the Month Alternatives to Suicide for Youth/Young Adults 9:00 – 10:30 am
  https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklPN2FycExwZz09
  Meeting ID: 827 2064 7565    Passcode: 344705