

# The Holidays may look different this year...

Let's  
talk  
about it.

**The Crisis Counseling Program  
at the Mental Health Association  
of Essex and Morris is offering  
a chance to discuss the feelings we  
may have about this very different  
holiday season.**



**Every Monday starting November 2nd  
5pm - 6pm**



**Zoom Link:** [https://zoom.us/j/99093083986?  
pwd=cHUzSCt2cmhwOUZXUTJ2ckpRQmxjUT09](https://zoom.us/j/99093083986?pwd=cHUzSCt2cmhwOUZXUTJ2ckpRQmxjUT09)  
**Meeting ID:** 990 9308 3986 **Password:** 384926



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Mental Health Association of Essex and Morris, Inc. in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, and is funded through a FEMA/SAMSHA grant.