



We are excited to offer a schedule of online classes, support groups, and resources that are easily accessible and can help us stay connected during this difficult time. If you are in need of additional support, please email us at info@toivocenter.org or message us on [Facebook](#).

Mondays

Women's Group on Zoom (6:30-8:30pm)

Online: <https://zoom.us/j/808331737>

Dial In: 646 876 9923

Meeting ID: 808 331 737

Tuesdays

Yoga on Facebook Live (10-11am)

facebook.com/toivocenter/

Qi Gong on Facebook Live (6-7pm)

facebook.com/toivocenter/

Wednesdays

Alternatives to Suicide on Zoom (3:30-4:30pm)

Online: <https://zoom.us/j/793918997>

Dial In: 646 876 9923

Meeting ID: 793 918 997

Thursdays

Yoga on Facebook Live (10-11am)

facebook.com/toivocenter/

Fridays

Meditative Coloring on Facebook (12-1pm)

facebook.com/toivocenter/

Saturdays

Qi Gong and Tea on Zoom (9:30-11:30am)

Online: <https://zoom.us/j/735219697>

Dial In: 646 876 9923

Meeting ID: 735 219 697

Sundays

Men's Group on Zoom (6-8pm, biweekly)

Online: <https://zoom.us/j/809960273>

Dial In: 646 876 9923

Meeting ID: 809 960 273