

STAY CONNECTED

EVERYDAY OFFERINGS

Virtual Peer Support

EVERYDAY

Young Adult Phone Based Peer Support
Call: (855) 6 HOPE NOW (646-7366)

MONDAY - FRIDAY

Peer Support Group on Zoom | 3-4:30pm
Online: zoom.us/j/466017514
Dial In: (646) 876-9923 | Meeting ID: 466 017 514

Phone Based Peer Support | 9am-5pm
Call: (888) 770-4478

Mid-Morning w/Maggie on Facebook Live | 11:30am
facebook.com/AdvocacyUnlimitedCT/

TUESDAY

CT Hearing Voice Network on Zoom | 7:30-9pm
Email SCollins@AdvocacyUnlimited.org for info

MEETING | 4/10 | 10am-12pm

Individual Advocacy on Zoom

Online: zoom.us/j/6609478704

Dial In: (646) 876-9923 | Meeting ID: 944 163 666

WEBINAR | 4/20 | 10am-12pm

Recovery During the Transition to Adulthood

Register: zoom.us/webinar/register/

ALL UNITE Podcast

The shared human experience of strife, strength, and hope - the most powerful thing we have is "our story"!

Online: soundcloud.com/allunite

Holistic Stress Management

MONDAY

Women's Group on Zoom | 6:30-8:30pm
Online: zoom.us/j/808331737
Dial In: (646) 876-9923 | Meeting ID: 808 331 737

TUESDAY

Yoga on Facebook Live | 10-11am
facebook.com/toivocenter/

Qi Gong on Facebook Live | 6-7pm
facebook.com/toivocenter/

WEDNESDAY

Alternatives to Suicide on Zoom | 3:30-4:30pm
Online: zoom.us/j/793918997
Dial In: (646) 876-9923 | Meeting ID: 793 918 997

THURSDAY

Yoga on Facebook Live | 10-11am
facebook.com/toivocenter/

FRIDAY

Meditative Coloring on Facebook Live | 12-1pm
facebook.com/toivocenter/

SATURDAY

Qi Gong and Tea on Zoom | 9:30-11:30am
Online: zoom.us/j/735219697
Dial In: (646) 876-9923 | Meeting ID: 735 219 697

SUNDAY

Men's Group on Zoom | 6-8pm biweekly
Online: zoom.us/j/809960273
Dial In: (646) 876-9923 | Meeting ID: 809 960 273