



POSITIVE  
MIND



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VIBES



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## Women's Group

As women, we recognize that through supporting one another, we gain both strength and support for ourselves. Join us in a safe and judgment-free environment where you can re-discover your own voice as you give and receive support for the many issues that we struggle with as women: self-esteem, identity, relationships, work/life balance, family, health, and so much more.

Compassionate women who are seeking to provide and receive support from other like-minded women are invited to join us for a time of healing, sharing, and empowerment.

When: Every Wednesday

Where: Richard Hall Community Mental Health Center  
500 North Bridge Street, Bridgewater, NJ 08807  
Room 143

Time: 7-9 pm (Refreshments Served)

Info: Johana Moore 973-202-1647 or [jmoore@zufallhealth.org](mailto:jmoore@zufallhealth.org)



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**Young and Positive: Make an impact!**

**Join us in a safe and judgment-free environment where you can speak your own voice as you give and receive support for the many issues that young adults (less than 30) face.**

**When: Every Wednesday**

**Where: Richard Hall Community Mental Health Center  
500 North Bridge Street, Bridgewater, NJ 08807  
Multipurpose Room**

**Time: 7-9 pm (Refreshments Served)**

**Info: Johanna Moore (973) 202-1647 or [jmoore@zufallhealth.org](mailto:jmoore@zufallhealth.org)**



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A weekly men's group with an emphasis on living!

Come join us for casual discussions about living positively. The group focuses on supporting individuals and promoting camaraderie among group members.

When: Every Wednesday

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500 North Bridge Street, Bridgewater, NJ 08807  
Room 142

Time: 7-9 pm (Refreshments Served)

Info: Johanna Moore (973) 202-1647 or [jmoore@zufallhealth.org](mailto:jmoore@zufallhealth.org)