

# 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/884564379](https://zoom.us/j/884564379)  
Dial In: (646) 876-9923 | Meeting ID: 884 564 379

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

Mid-Morning w/Maggie on Facebook Live | 11:30am  
[facebook.com/AdvocacyUnlimitedCT/](https://facebook.com/AdvocacyUnlimitedCT/)

#### TUESDAY

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

### Holistic Stress Management

#### MONDAY

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

#### TUESDAY

Yoga on Facebook Live | 10-11am  
[facebook.com/toivocenter/](https://facebook.com/toivocenter/)

Qi Gong on Facebook Live | 6-7pm  
[facebook.com/toivocenter/](https://facebook.com/toivocenter/)

#### WEDNESDAY

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

#### THURSDAY

Yoga on Facebook Live | 10-11am  
[facebook.com/toivocenter/](https://facebook.com/toivocenter/)

#### FRIDAY

Meditative Coloring on Facebook Live | 12-1pm  
[facebook.com/toivocenter/](https://facebook.com/toivocenter/)

#### SATURDAY

Qi Gong and Tea on Zoom | 9:30-11:30am  
Online: [zoom.us/j/735219697](https://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](https://zoom.us/j/809960273)  
Dial In: (646) 876-9923 | Meeting ID: 809 960 273

MEETING | 4/10 | 10am-12pm

Individual Advocacy on Zoom

Online: [zoom.us/j/6609478704](https://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: <https://bit.ly/3bhZSVA>

Email: [JHenry@AdvocacyUnlimited.org](mailto:JHenry@AdvocacyUnlimited.org)

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](https://soundcloud.com/allunite)