



Virtual Support Groups

****All DASACC services are free and confidential****

Coping During a Pandemic

Tuesdays from 4:00 PM – 5:00 PM

This group will offer space to form positive connections among community members and provide an opportunity to process the impacts of a global pandemic and learn and practice useful coping skills.

Coping Skills for Improved Mental Health

Wednesdays from 6:30 PM – 7:30 PM

The goals of this group include learning to identify symptoms of anxiety and depression, connecting thoughts, feelings and behaviors, coping with negative thoughts, and effective ways to manage symptoms.

Lotus Circle

Starting 5/28/20

Thursdays from 5:30 PM – 6:30 PM

A domestic violence psychoeducational group, focusing on power and control dynamics, the cycle of violence, and healthy relationships.

***To register, please call our 24-hour hotline, at 908-453-4181.
If you are not currently receiving DASACC services, please call to
schedule an intake prior to registering.***

For more information
reach us at
www.dasacc.org.



If you or someone you know
is being hurt, call us 24/7 at
(908) 453-4181.