

JFS Houston is offering **FREE** group sessions via ZOOM Conference. These groups are designed help participants to get through this stressful time amidst the Covid-19 epidemic. We will share practical tips and ideas to promote your mental well-being.

Simply click on a link using a smart phone or computer or call in!

	Monday	Tuesday	Wednesday	Thursday	Friday
Parents 12-1p	<p>Join Zoom Meeting https://zoom.us/j/792877645</p> <p>Meeting ID: 792 877 645</p> <p>One tap mobile +13462487799,,792877645# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/3273847815</p> <p>Meeting ID: 327 384 7815</p> <p>One tap mobile +13462487799,,3273847815# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/3273847815</p> <p>Meeting ID: 327 384 7815</p> <p>One tap mobile +13462487799,,3273847815# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/372748750</p> <p>Meeting ID: 372 748 750</p> <p>One tap mobile +13462487799,,372748750# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/180129366</p> <p>Meeting ID: 180 129 366</p> <p>One tap mobile +13462487799,,180129366# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>
Adults 1-2p	<p>Join Zoom Meeting https://zoom.us/j/130523685</p> <p>Meeting ID: 130 523 685</p> <p>One tap mobile +13462487799,,130523685# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/266475746</p> <p>Meeting ID: 266 475 746</p> <p>One tap mobile +13462487799,,266475746# US Toll</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/130523685</p> <p>Meeting ID: 130 523 685</p> <p>One tap mobile +13462487799,,130523685# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/266475746</p> <p>Meeting ID: 266 475 746</p> <p>One tap mobile +13462487799,,266475746# US Toll</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/130523685</p> <p>Meeting ID: 130 523 685</p> <p>One tap mobile +13462487799,,130523685# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>
Adolescents 2-3p	<p>Join Zoom Meeting https://zoom.us/j/806225209</p> <p>Meeting ID: 806 225 209</p> <p>One tap mobile +13462487799,,806225209# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/703003360</p> <p>Meeting ID: 703 003 360</p> <p>One tap mobile +13462487799,,703003360# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/279135418</p> <p>Meeting ID: 279 135 418</p> <p>One tap mobile +13462487799,,279135418# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/950810564</p> <p>Meeting ID: 950 810 564</p> <p>One tap mobile +13462487799,,950810564# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>	<p>Join Zoom Meeting https://zoom.us/j/437567780</p> <p>Meeting ID: 437 567 780</p> <p>One tap mobile +13462487799,,437567780# US (Houston)</p> <p>To join by phone call: +1 346 248 7799</p>