

GROUP SCHEDULE

Please click on the group name to access the Zoom link

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-11am <u>Early Recovery (Hybrid)</u> ASHLEY <u>Meeting ID:</u> 835 5748 2904 <u>Passcode:</u> 12345	10:30-11:30am <u>Anger Management (Hybrid)</u> ELENA <u>Meeting ID:</u> 845 9694 6598 <u>Passcode:</u> 12345	10-11am <u>Chemistry in Recovery (Hybrid)</u> KIARA <u>Meeting ID:</u> 848 4677 8106 <u>Passcode:</u> 12345	10:30-11:30am <u>Mindfulness (Hybrid)</u> ASHLEY <u>Meeting ID:</u> 823 0651 0185 <u>Passcode:</u> 12345	10-11am <u>DBT Friday (Hybrid)</u> COLIN <u>Meeting ID:</u> 852 7744 3168 <u>Passcode:</u> 12345	11:30am-12:30pm <u>Wellness and Recovery (Virtual)</u> CHRISTOPHER <u>Meeting ID:</u> 893 6562 8492 <u>Passcode:</u> 12345	10-11am <u>Early Recovery (Virtual)</u> COLIN <u>Meeting ID:</u> 835 5748 2904 <u>Passcode:</u> 12345
11am-12pm <u>Life Triggers (Hybrid)</u> ELIZABETH <u>Meeting ID:</u> 843 4784 7624 <u>Passcode:</u> 12345	11:30am-12:30pm <u>Early Recovery and Emotional Regulation (Hybrid)</u> PAULINA <u>Meeting ID:</u> 897 7108 9783 <u>Passcode:</u> 12345	11am-12pm <u>Emotional Intelligence (Hybrid)</u> KIARA <u>Meeting ID:</u> 893 8056 5360 <u>Passcode:</u> 12345	11:30am-12:30pm <u>Inspire Personal Growth and Insight – CBT (Hybrid)</u> JOCELYN <u>Meeting ID:</u> 843 3565 7558 <u>Passcode:</u> 12345	11am-12pm <u>Trauma Recovery (Hybrid)</u> KIARA <u>Meeting ID:</u> 881 9089 6169 <u>Passcode:</u> 12345		
12-1pm <u>Relationships in Recovery (Hybrid)</u> ASHLEY <u>Meeting ID:</u> 842 1905 8572 <u>Passcode:</u> 12345	12:30-1:30pm <u>Building Bridges in Recovery (Hybrid)</u> ISABEL <u>Meeting ID:</u> 847 2593 7686 <u>Passcode:</u> 12345	1-2pm <u>Early Recovery (Hybrid)</u> PAULINA <u>Meeting ID:</u> 882 4410 4690 <u>Passcode:</u> 12345	12:30-1:30pm <u>Process Group (Contemplative Stage) (Hybrid)</u> COLIN <u>Meeting ID:</u> 871 2807 5835 <u>Passcode:</u> 12345	1-2pm <u>Midlife Recovery Tools (Hybrid)</u> KIARA <u>Meeting ID:</u> 853 5355 7285 <u>Passcode:</u> 12345		

Please keep camera on at all times, and inform the group facilitator if this is not possible. Download Zoom application in the Apple Store or the Google Play Store.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>6-7pm <u>Process Group</u> <u>(Virtual)</u></p> <p>COLIN <u>Meeting ID:</u> 834 7216 1820 <u>Passcode:</u> <u>12345</u></p>	<p>5-6pm <u>Health and Happiness</u> <u>(Hybrid)</u></p> <p>PAULINA <u>Meeting ID:</u> 810 0766 3245 <u>Passcode:</u> <u>12345</u></p>	<p>6pm-7pm <u>Trauma Support</u> <u>(Virtual)</u></p> <p>COLIN <u>Meeting ID:</u> 815 4263 4518 <u>Passcode:</u> <u>12345</u></p>	<p>4-5 pm <u>Expressive Arts</u> <u>(Hybrid)</u></p> <p>ASHLEY <u>Meeting ID:</u> 880 7006 1247 <u>Passcode:</u> 12345</p>	<p>3:30-4:30pm <u>Social Support in Recovery</u> <u>(Hybrid)</u></p> <p>CHRISTOPHER <u>Meeting ID:</u> 843 4209 9602 <u>Passcode:</u> <u>12345</u></p>		
	<p>6:30-7:30pm <u>Relapse Prevention</u> <u>(Virtual)</u></p> <p>ELIZABETH <u>Meeting ID:</u> 862 6515 0783 <u>Passcode:</u> <u>12345</u></p>		<p>6:30-7:30pm <u>Coping and Emotional Wellness</u> <u>(Virtual)</u></p> <p>ASHLEY <u>Meeting ID:</u> 884 8502 8655 <u>Passcode:</u> 12345</p>			