

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

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