

ZOOM GROUP SCHEDULE WEEK OF August 31 st - Sept 4 th		
Day/Time	TOPIC or Process	FACILITATOR
MON Aug 31		
10:00am-10:50am	Weekend in Review https://eptha.zoom.us/meeting/register/tJ0kd-6raqDgrGNEUdvYx40jrCyT-so-iyaw	Nevin
11:00am-11:50am	New Monthly Goals https://eptha.zoom.us/meeting/register/tJUqfuqhrzlsEiAFNy7niEP-zuXDaMf2mKtf	Samantha
12:00pm-12:50pm	Robin hood Morality https://eptha.zoom.us/meeting/register/tJYrduttriovGtMSQyNJlqczJ5krZHHZK3D4	Kerri
2:00pm-2:50pm	Communication Styles https://eptha.zoom.us/meeting/register/tJESd-yrqDMvH9SNjdhMTdP8wkAUoCIXGxCr	Michele
3:00pm-3:50pm	Weekend Replay https://eptha.zoom.us/meeting/register/tJMvuc6orTkrHNbIG91GZ-Rf3MKyXlPeCrUy	Susannah
TUE Sep 1		
9:00am-9:50am	Relapse Prevention https://eptha.zoom.us/meeting/register/vpUpduGspj0q0jZ9NixcONMk6PnjTx2CXQ	Susannah
10:00am-10:50am	Spirituality https://eptha.zoom.us/meeting/register/tJUqfuqhrzlsEiAFNy7niEP-zuXDaMf2mKtf	Nevin
11:00am-11:50am	Open Process https://eptha.zoom.us/meeting/register/tJwoceitpzoieTbcBCIGRNBST2p3g11XW1IH	Samantha
12:00pm-12:50pm	Women's Recovery https://eptha.zoom.us/meeting/register/tJUduGrrD0oHtZ4Mo63YvXyLQ6mHPZckxe	Kerri
2:00pm-2:50pm	Generational Trauma https://eptha.zoom.us/meeting/register/tJYsf-uvqzMuGtcauFF6QNVyxipOuZnZiVAw	Michele
WED Sep 2		
10:00am-10:50am	Anxiety in Recovery https://eptha.zoom.us/meeting/register/tJEsuqvypqivHNfbbg8N7x-BWPE5loQ4lsQi	Nevin
11:00am-11:50am	Managing Boredom https://eptha.zoom.us/meeting/register/tJMvucivrtSuGNBw-DlpWMGOBAfsC9NZ8hwK	Susannah
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
2:00pm-2:50pm	Grief and Loss https://eptha.zoom.us/meeting/register/tJQqceGrrT0oHdfwwqRtwQzeS9o_vUJo99mL	Michele
3:00pm-3:50pm	Guilt vs Shame https://eptha.zoom.us/meeting/register/tJEocempqj0qEtdkzn14zJZ7pfylUXf5vyf4	Samantha
4:00pm-4:50pm	Relapse Process https://eptha.zoom.us/meeting/register/tJUlf-qvrD0iGdOMwdt3qhQY9QjMiE0ZVbzq	Kerri
THU Sep 3		
10:00am-10:50am	Social Media and Wellness https://eptha.zoom.us/meeting/register/tJ0odOGvrjsiGt3x7HMRokuPmRqqkgwTBOv	Nevin
11:00am-11:50am	PAWS https://eptha.zoom.us/meeting/register/tJwldOmrTloHf8vR_loAMSmCc-qdN6vLRx	Kerri/Susannah
1:00pm-1:50pm	Meditation Cards https://eptha.zoom.us/meeting/register/tJcoceqazMiHNOoXlyERpATAnihAoaxLsic	Kerri
2:00pm-2:50pm	Relapse Prevention https://eptha.zoom.us/meeting/register/tJwscOCpqt0jG9UvxC6u-v26ctZetPy2eqkN	Michele
3:00pm-3:50pm	Acceptance in Recovery https://eptha.zoom.us/meeting/register/tJMoc-msrjMiHtD3wdRGk-Q1UA_g1-M2Xcij	Samantha
FRI Sep 4		
10:00am-10:50am	Relapse Prevention https://eptha.zoom.us/meeting/register/tJMvdOmoqzwtHNKmpQi4Kt2cDOydtCyJJGqo	Nevin
12:00pm-12:50pm	Closed @ Noon Labor Day	Not Treatment
1:00pm-1:50pm	Closed @ Noon Labor Day	Samantha
2:00pm-2:50pm	Closed @ Noon Labor Day	Michele
<p>Schedule posted at www.eptha.com</p> <p>All Zoom Groups require registration. Below are some instructions:</p> <ol style="list-style-type: none"> 1. Select the group you want to register for by clicking the hyperlink next to counselor name 2. Hyperlink will take you to Zoom registration page 3. Complete registration for group 4. You will need valid email and phone number for registration 5. Once registered you will receive email confirming registration 6. At time of group open email and click link for group and begin 		

ZOOM GROUP SCHEDULE
WEEK OF September 7th - 11th

Day/Time	TOPIC or Process	FACILITATOR
MON Sep 7	CLOSED- Labor Day	
10:00am-10:50am		Nevin
11:00am-11:50am		Samantha
12:00pm-12:50pm		Kerri
2:00-2:50pm		Michele
3:00pm-3:50pm		Susannah
TUE Sep 8		
9:00am-9:50am	Morning Reflections https://eptha.zoom.us/meeting/register/tJUtcO6tpjkaG9CNqSA3gel1XB0U3g_N61U4	Michele
10:00am-10:50pm	Men's Recovery https://eptha.zoom.us/meeting/register/tJ0ofuispzorGtVPIbjAys_dg-L63CEZ9Ht8	Nevin
11:00am-11:50am	Power and Control Wheel https://eptha.zoom.us/meeting/register/tJAIfumpqzwrEtDiz0qZvvZcKplGh0-81ILN	Samantha
12:00pm-12:50pm	Open Process https://eptha.zoom.us/meeting/register/tJwtf-2trD4tH9O4kjcR2XMSMx677_Ygc_C	Kerri
2:00pm-2:50pm	Positive and Negative Emotions https://eptha.zoom.us/meeting/register/tJ0qde-rqzoiEtZYMhZgH6RCNkHNDyDTIWzr	Michele
WED Sep 9		
10:00am-10:50am	Gratitude https://eptha.zoom.us/meeting/register/tJEsce6srDguHdEciQiUbQfWYXaJxstchxKy	Nevin
11:00am-11:50am	Anxiety & SUD https://eptha.zoom.us/meeting/register/tJ0lfuitqjsiHt2WjuX6UwklmOOyNE-vNGma	Samantha
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
2:00pm-2:50pm	DBT: Radical Acceptance https://eptha.zoom.us/meeting/register/tJArd--pgDovHtGuejOVGi6CiAUfd0IReb0g	Michele
3:00pm-3:50pm	Parenting in Recovery https://eptha.zoom.us/meeting/register/tJ0rdOyrpzMsHNzkOaOz6wxWFA-KM28wGCp4	Samantha
4:00pm-4:50pm	Open Process https://eptha.zoom.us/meeting/register/tJEqf-GhrzOfEt1HxnBvnUoZ0_UYI85DLEI	Kerri
THU Sep 10		
10:00am-10:50am	Triggers https://eptha.zoom.us/meeting/register/tJArcE2vpjgvEtVw2489x0AhTIR3p_GX9GZt	Nevin
11:00am-11:50am	Trauma Response During COVID https://eptha.zoom.us/meeting/register/tJEocOCgrD4rHdMdyJU7g_x0T--xNc3k4CEG	Susannah
1:00pm-1:50pm	Psycho-Social Changes https://eptha.zoom.us/meeting/register/tJYtc-iupzstHdC-RZpbazCTBeRqfLfFndip	Kerri
2:00pm-2:50pm	Processing Guilt https://eptha.zoom.us/meeting/register/tJwst-msqDijGdwUbAQRnABZ1fHZaOAYNGf0	Michele
3:00pm-3:50pm	Meditation https://eptha.zoom.us/meeting/register/tJ0vd-Cgpz4qGtMfa7bVKH_4TPC7TJCnyLI	Samantha
FRI Sep 11	CLOSED- Fishing Wars Day	
10:00am-10:50am	CLOSED	Nevin
12:00pm-12:50pm	CLOSED	Not Treatment
1:00pm-1:50pm	CLOSED	Samantha
2:00pm-2:50pm	CLOSED	Susannah

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4. You will need valid email and phone number for registration
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6. At time of group open email and click link for group and begin