

ZOOM GROUP SCHEDULE WEEK OF September 14 - 18		
Day/Time	TOPIC or Process	FACILITATOR
MON Sep 14		
10:00am-10:50am	Men's Recovery https://eptha.zoom.us/meeting/register/tJwscOugqispGtS-OSKuoAeMBKC57UDyznnR	Nevin
11:00am-11:50am	Honesty in Recovery https://eptha.zoom.us/meeting/register/tJUqcO-gqTMtEtPxH-R1pT4WGIEnSiSeXzva	Samantha
12:00pm-12:50pm	Red Road Book Study https://eptha.zoom.us/meeting/register/tJAudu2pqDsqHdRRUkGnAUlcsCOcuWKBZ5yA	Kerri
2:00pm-2:50pm	Relapse Prevention https://eptha.zoom.us/meeting/register/tJcqc-6ggj8vHNQEyijggxslx07x8Lo8TcTE	Michele
3:00pm-3:50pm	Creating Hope https://eptha.zoom.us/meeting/register/tJMpc-6vrTkuHtLYJ27FO66zpZu6RPbnocBU	Susannah
TUE Sep 15		
9:00am-9:50am	Developing Goals https://eptha.zoom.us/meeting/register/uZlSdeihqzqsxXwCE9XuV3oOGKp3az5eDg	Susannah
10:00am-10:50am	Mindful Eating https://eptha.zoom.us/meeting/register/tJwvf-ivriqgHff6rdx52gMdp5SFFUDcYSvh	Nevin
11:00am-11:50am	Open process- What's working in Recovery https://eptha.zoom.us/meeting/register/tJUqcO-gqTMtEtPxH-R1pT4WGIEnSiSeXzva	Samantha
12:00pm-12:50pm	Women's Recovery https://eptha.zoom.us/meeting/register/tJ0rf--rTkoHd3fOLqxpPohRwnHo1J8luB-	Kerri
2:00pm-2:50pm	Time Management https://eptha.zoom.us/meeting/register/tJEoce-pqzopGtzu6A647ZQOitmWxJRgNINX	Michele
WED Sep 16		
10:00am-10:50am	Anger Management https://eptha.zoom.us/meeting/register/tJcodeqrrDliGdfQTdk6WVaBhXEfjBsbjGcN	Nevin
11:00am-11:50am	Building Self Esteem https://eptha.zoom.us/meeting/register/tJlscOChqzkrGN36VX9_JilylEppYPwq-rDd	Susannah
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
2:00pm-2:50pm	CLOSED	Michele
3:00pm-3:50pm	CLOSED	Samantha
4:00pm-4:50pm	CLOSED	Kerri
THU Sep 17		
10:00am-10:50am	Emotion Regulation https://eptha.zoom.us/meeting/register/tJUurdeiojopHtapMGtPEuWGtB5rf4syWEiU	Nevin
11:00am-11:50am	Grief and Loss https://eptha.zoom.us/meeting/register/tJcpe-ugz0jGNLk8Mx4ebnKUcsnmH-X7Xk	Susannah
1:00pm-1:50pm	Positive Emotions https://eptha.zoom.us/meeting/register/tJUpcOiprjwsHdZf1JJkiZjRtP2lx1vZbyJ4	Kerri
2:00pm-2:50pm	Rewarding my Successes https://eptha.zoom.us/meeting/register/tJEtc-uuqTgvGNOYwd2yGhPHbkHk49rvZYtn	Michele
3:00pm-3:50pm	Women's Recovery https://eptha.zoom.us/meeting/register/tJAtcO6upj0uGNBRk1JcvLSRQcwgDWY1Ukv-	Samantha
FRI Sep 18		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tJlpf-6gqzWuG9A7_jtTBH9CdbXUNe5ZNdE9	Nevin
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
1:00pm-1:50pm	Relapse Prevention https://eptha.zoom.us/meeting/register/tJwvfGprzwiHtUdzKODGh31eMqTP_fsv_aG	Samantha
2:00pm-2:50pm	Open process- Weekend Recovery Plans https://eptha.zoom.us/meeting/register/tJEpcGvqTMvE9E4WcRYdSuNes6fCaOvKGKP	Michele
Schedule posted at www.eptha.com		
All Zoom Groups require registration. Below are some instructions:		
<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 21- 25**

Day/Time	TOPIC or Process	FACILITATOR
MON Sep 21		
10:00am-10:50am	Nutrition https://eptha.zoom.us/meeting/register/tJ0pd-mhqTopHdNahd1I43SPgzXt4AKuOaZ0	Kerri/Nevin
11:00am-11:50am	Effective Refusal Skills https://eptha.zoom.us/meeting/register/tJUlcOqarj0pHdZb3mrfJU9YCSHhQXsoX1an	Samantha
12:00pm-12:50pm	Open process- What working https://eptha.zoom.us/meeting/register/tJ0pd-mhqTopHdNahd1I43SPgzXt4AKuOaZ0	Kerri
2:00-2:50pm	Metaphor Cards https://eptha.zoom.us/meeting/register/tJ0qc-GspzkaGdbZzldHU010LCuzpSX04dZ1	Michele
3:00pm-3:50pm		Susannah
TUE Sep 22		
9:00am-9:50am	Morning Reflections https://eptha.zoom.us/meeting/register/tJUtcO6tpjkaG9CNqSA3gel1XB0U3g_N61U4	Michele
10:00am-10:50pm	Relationships 101 https://eptha.zoom.us/meeting/register/tJcvcO-oqzlrE9Jcz1SkHC6ALoa3g8aONQMy	Kerri/Nevin
11:00am-11:50am	Building Sober Supports https://eptha.zoom.us/meeting/register/tJMlfu-hpigjHNwkMI_DqgSvQ4LVzKIVOsM9	Samantha
12:00pm-12:50pm	Red Road Book Study https://eptha.zoom.us/meeting/register/tJYrdeyhrTspHdeiR2XRwM8EAvqdg4iUWHzW	Kerri
2:00pm-2:50pm	Relationships https://eptha.zoom.us/meeting/register/tJldO2orTmHd3dAmtWnExaGoM0aWZUNhu2	Michele
WED Sep 23		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tJUldOuqqDktHd1DsKlvAVVnyJaV7XQlAmX	Michele
11:00am-11:50am		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/tJcl-cyrrz8oHtdeFTsjrSBbQCLoPC7hDKvK	Michele
3:00pm-3:50pm	Guilt vs Shame https://eptha.zoom.us/meeting/register/tJlqc-muqDooE9OaONce-eZfgcJzDkXgxLks	Samantha
4:00pm-4:50pm	Addictions what's Next? https://eptha.zoom.us/meeting/register/tJARduipqD4vHfP9Z-IDKoiJ2FDAgu8Zp2_r	Kerri
THU Sep 24		
10:00am-10:50am	Respecting our time in Recovery https://eptha.zoom.us/meeting/register/tJModOuvpi0jHNECcS_sKRS8TSh_Sd_G8lza	Sam/Nevin
11:00am-11:50am	Trauma Response During COVID https://eptha.zoom.us/meeting/register/tJEocOCgrD4rHdMdyJU7g_x0T--xNc3k4CEG	Susannah
1:00pm-1:50pm	Emotional Regulation https://eptha.zoom.us/meeting/register/tJARduipqD4vHfP9Z-IDKoiJ2FDAgu8Zp2_r	Kerri
2:00pm-2:50pm	Anger Management https://eptha.zoom.us/meeting/register/tJ0qcOivrz0rE9JEVPdQDUz7xCIB1DpLW4bB	Michele
3:00pm-3:50pm	Recovery Thinking https://eptha.zoom.us/meeting/register/tJMtdOuqri0iH9x0iM7QmEGKVVVjpXcM7Ug-	Samantha
FRI Sep 25	CLOSED-	
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
<p>Schedule posted at www.eptha.com</p> <p>All Zoom Groups need 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 receiving email confirming registration 6. At time of group open email and click link for group and begin 		