ZOOM GROUP SCHEDULE
WEEK OF September 28th-October 2nd

Day/Time	TOPIC or Process	FACILITATOR
MON Sep 28		
10:00am-10:50am	**Men's Recovery** https://eptha.zoom.us/meeting/register/tJwpfuuurjMsG9cddT8s9jiFe4C-jCrlbpYn	Nevin
11:00am-11:50am	**Alcohol Effects on the Body** https://eptha.zoom.us/meeting/register/tJYrd-qtpj4jHdPC-pq1fN7Jc5FBoC_vua4H	Samantha
12:00pm-12:50pm	**Red Road Book Study** https://eptha.zoom.us/meeting/register/tJwrdOCsrTkrHNAwoZd5olWLUODF3AjtuDZk	Kerri
2:00pm-2:50pm	**Healthy vs Unhealthy Boundaries** https://eptha.zoom.us/meeting/register/tJArduusrDMoE9Etjq2N7pBl7UioQiAigp6N	Michele
3:00pm-3:50pm	**Goal Setting** https://eptha.zoom.us/meeting/register/tJMqdemqpj8jE90UFJ9S3ic9CEm7IAZxb1N2	Susannah
TUE Sep 29		
9:00am-9:50am	**Living a Grateful Life** https://eptha.zoom.us/meeting/register/tJclc-ihrTgjGN2dmDkxwbYZWzd2D0cWLUrF	Susannah
10:00am-10:50am	**Gratitude** https://eptha.zoom.us/meeting/register/tJYrcOCqqDMjH9zPmECneSDfuOxaEYnzJPEe	Nevin
11:00am-11:50am	**Women's Recovery** https://eptha.zoom.us/meeting/register/tJwld-qhqDwsEt01GPTmzVff3HVwZQouBa-Q	Samantha
12:00pm-12:50pm	**Open Process** https://eptha.zoom.us/meeting/register/tJloce2hrTstGdFs6ZemJWEXjncT-NZNTR2l	Kerri
2:00pm-2:50pm	**Grief and Loss** https://eptha.zoom.us/meeting/register/tJwrduCprDMuEtCysSPP_gmigm9dEDpuc0T5	Michele
WED Sep 30		
10:00am-10:50am	**What is Co-Dependency** https://eptha.zoom.us/meeting/register/tJwqdeCtpzIsG9LLjy8hpGlKthDjiKtV_fa-	Nevin
11:00am-11:50am	**Morning Meditation** https://eptha.zoom.us/meeting/register/uJAldu6hpjwrQrLE9kOWe0JA1pa6yLjjbw	Susannah
12:00pm-12:50pm	**WELLBRIETY- OPEN MEETING** https://eptha.zoom.us/j/94312224530	Not Treatment
2:00pm-2:50pm	**Relapse Prevention Cards** https://eptha.zoom.us/meeting/register/tJMofuGgrDItGNeU2BRT5EfmLk72EZP8fVB-	Michele
3:00pm-3:50pm	**What are Boundaries** https://eptha.zoom.us/meeting/register/tJMucO-rqjgvE9Vqf9Kcmce-1MIxpwBJXt6j	Samantha
4:00pm-4:50pm	**Open Process** https://eptha.zoom.us/meeting/register/tJAqf-ippzwiHNGUbQFeDXdWkaaOSlleDphP	Kerri
THU Oct 1		
10:00am-10:50am	**Boundaries** https://eptha.zoom.us/meeting/register/tJcpdeGrpjIvEtI01IaAmw5YNSXP3sO5o_DT	Nevin
11:00am-11:50am	**Trauma Response in COVID** https://eptha.zoom.us/meeting/register/tJEocOCgrD4rHdMdyJU7g_x0T--xNc3k4CEG	Susannah
1:00pm-1:50pm	**Robin Hood Morality** https://eptha.zoom.us/meeting/register/tJlpcuqvqTktE9cmLfSmC1RxEdgeex6Gul7j	Kerri
2:00pm-2:50pm	**Recovery in Metaphors** https://eptha.zoom.us/meeting/register/tJwpde-hrz8sG9E9TLwTmR9_Mu1lgma7vdSK	Michele
3:00pm-3:50pm	**Relapse Prevention Planning** https://eptha.zoom.us/meeting/register/tJwsdO-vqjwtE9BJHbABPrpVcs2XX6zAnaTC	Samantha
FRI Oct 2		
10:00am-10:50am	**How to Manage Anxiety in Recovery** https://eptha.zoom.us/meeting/register/tJwvduiqpzwvHtcHY_itBJB5EjujZILQivWn	Nevin
12:00pm-12:50pm	**WELLBRIETY- OPEN MEETING** https://eptha.zoom.us/j/94312224530	Not Treatment
1:00pm-1:50pm	**Stress Management** https://eptha.zoom.us/meeting/register/tJMude2sqD0jGNI_LmzQkzXkNhlO-yhf8CVI	Samantha
2:00pm-2:50pm	**Communication Styles** https://eptha.zoom.us/meeting/register/tJwsf-6hrDwsHdONe7Bh5mj7-48FNNRiaAsJ	Susannah/Michele

Schedule posted at www.eptha.com

All Zoom Groups require registration. Below are some instructions:

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

ZOOM GROUP SCHEDULE
WEEK OF October 5th-October 9th

Day/Time	TOPIC or Process	FACILITATOR
MON Oct 5		
10:00am-10:50am	**Men's Recovery** **https://eptha.zoom.us/meeting/register/tJlkf--qrz8vHNxd690q9pq-24Q8cJ0C_sMG**	Nevin
11:00am-11:50am	**Monthly Goal Setting** **https://eptha.zoom.us/meeting/register/tJYkcemrpzwvHd33e_jFXIdmswBSW2XALhRB**	Samantha
12:00pm-12:50pm	**Red Road Step Study** **https://eptha.zoom.us/meeting/register/tJMoc-mvqDotH93MsaEoWKQZpMnA-x--ffuH**	Kerri
2:00-2:50pm	**Managing Anxiety** https://eptha.zoom.us/meeting/register/tJlvcOmupzssHNRsi48BB27I6rlQCBB9eMX2	Kerri/Michele
3:00pm-3:50pm	**Creating Hope** https://eptha.zoom.us/meeting/register/tJMpc-6vrTkuHtLYJ27FO66zpZu6RPbnocBU	Susannah
TUE Oct 6		
9:00am-9:50am	**Relapse Prevention** **https://eptha.zoom.us/meeting/register/vpUpduGspj0q0jZ9NixcONMk6PnjTx2CXQ**	Susannah
10:00am-10:50pm	**Managing Boredom** **https://eptha.zoom.us/meeting/register/tJEvduCoqTIsEtIE0Kv_iqDOEceNkppypSlQ**	Nevin
11:00am-11:50am	**Meditation in Recovery** **https://eptha.zoom.us/meeting/register/tJwrd-isqz0uG9xcw9Rw-0z46F2JrEh4JSbn**	Samantha
12:00pm-12:50pm	**Men's Recovery** **https://eptha.zoom.us/meeting/register/tJ0ucuqhqzMjGtcPFnnpGJOwyt-ndr5faf43**	Kerri
2:00pm-2:50pm	**Communication Styles** **https://eptha.zoom.us/meeting/register/tJwsf-6hrDwsHdONe7Bh5mj7-48FNNRiaAsJ**	Michele
WED Oct 7		
10:00am-10:50am	**How to manage with COVID changes In Recovery** **https://eptha.zoom.us/meeting/register/tJUldumqqDovG91_gNDVqsby7jqY3JAg8EdY**	Nevin
11:00am-11:50am	**Managing Boredom** https://eptha.zoom.us/meeting/register/tJMvcuivrTsuGNBw-DlpWMGOBAfsC9NZ8hwK	Susannah
12:00pm-12:50pm	**WELLBRIETY- OPEN MEETING** **https://eptha.zoom.us/j/94312224530**	Not Treatment
2:00pm-2:50pm	**DBT House** **https://eptha.zoom.us/meeting/register/tJYqcu6qrTlpGdLI8YooXB1RqzPMbO_uUQcQ**	Michele
3:00pm-3:50pm	**Parenting In Recovery** **https://eptha.zoom.us/meeting/register/tJErf-qgpjgiHNQvLeNoO59bRY-6zAdY9sUm**	Samantha
4:00pm-4:50pm	**Advocating for Recovery** **https://eptha.zoom.us/meeting/register/tJwpcOmhqzgvGtNy5rV_I5DDOPdd-cu-2KJI**	Kerri
THU Oct 8		
10:00am-10:50am	**Acceptance in Recovery** https://eptha.zoom.us/meeting/register/tJcrdeirrzguGNw-aHlVesVvKtt93nwlN6QO	Nevin
11:00am-11:50am	**Open Process** **https://eptha.zoom.us/meeting/register/u5wtdeqqrzgv7c5oE2tk87WElKMpmqmCuw**	Susannah
1:00pm-1:50pm	**Emotional Intelligence** **https://eptha.zoom.us/meeting/register/tJUlf-Gupj4vHtAnLvYm-zDhu4PqGFY_mbJJ**	Kerri
2:00pm-2:50pm	**Time Management** **https://eptha.zoom.us/meeting/register/tJYof-2hqT0vGNMDYwucTqEsYRIJqJ1mZLvh**	Michele
3:00pm-3:50pm	**PAWs** https://eptha.zoom.us/meeting/register/tJ0qde6rrT4uGtdCekT8gBrKZhstYDiDLSFa	Samantha
FRI Oct 9		
10:00am-10:50am	**Open Process** **https://eptha.zoom.us/meeting/register/tJltcu-hqjkjH93GzGLd46Vr4kL4tPwZ7x9T**	Nevin
12:00pm-12-50pm	**WELLBRIETY- OPEN MEETING** **https://eptha.zoom.us/j/94312224530**	Not Treatment
1:00pm-1:50pm	**NO GROUP**	Samantha
2:00pm-2:50pm	**Open Process** **https://eptha.zoom.us/meeting/register/tJMpdeqqpzIiGNYOcnzo0LPPqTOdkI7q9CM9**	Susannah/Michele

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