

ZOOM GROUP SCHEDULE WEEK OF October 12 th -16 th		
Day/Time	TOPIC or Process	FACILITATOR
MON Oct 12		
10:00am-10:50am	Indigenous Peoples Day	
11:00am-11:50am	CLOSED	
12:00pm-12:50pm	CLOSED	
2:00pm-2:50pm	CLOSED	
3:00pm-3:50pm	CLOSED	
TUE Oct 13		
12:00pm-12:50pm	Women's Recovery https://eptha.zoom.us/meeting/register/tJYodOmqj8vHtGsVBnc01Fx8GEcwPiCSXw2	Kerri
2:00pm-2:50pm	Myths about Emotions https://eptha.zoom.us/meeting/register/tJwscOigpi8uG9SlqREAwdrh7kQqBAwmk7vU	Michele
WED Oct 14		
10:00am-10:50am	Family Roles https://eptha.zoom.us/meeting/register/tJEqd-igrispE9D2sdP7TOzy3lXtl_2bBQy4	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	Healthy vs. Unhealthy Relationships https://eptha.zoom.us/meeting/register/tJcud-6tqzwpGtl8mW2wqKP4BPjs_9FDV14f	Michele
3:00pm-3:50pm	Time Management https://eptha.zoom.us/meeting/register/tJMtcu-hrjouHNnQYBh1ODhuvScG_3Derm8l	Nevin/Sam
4:00pm-4:50pm	Recovery and Co-Dependency https://eptha.zoom.us/meeting/register/tJEqc-6qajliG92V68k8lStPIVnoH5qBDXtf	Kerri
THU Oct 15		
10:00am-10:50am	What is a Healthy Relationship? https://eptha.zoom.us/meeting/register/tJYocuyprTlvE9WLLwmvajb12YPP-6KlchCe	Nevin
11:00am-11:50am	Open Process https://eptha.zoom.us/meeting/register/tJcude-uqz0jGNLk8Mx4ebnKUcsnmH-X7Xk	Susannah
1:00pm-1:50pm	Family Roles https://eptha.zoom.us/meeting/register/tJlufu2rqTkuH9LEA-XYMcefK6moMJiEF14Q	Kerri
FRI Oct 16		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tJAKde6hrDkiHtamP5KwvPqTvxzW8afNtvcP	Nevin
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
1:00pm-1:50pm	Weekend Recovery Planning https://eptha.zoom.us/meeting/register/tJllce2vrTqzG9ZU8K_a_rEBO15uUTAm1M76	Susannah/Sam
2:00pm-2:50pm	Triggers in Recovery https://eptha.zoom.us/meeting/register/tJUvfuiqz0tG9NfgtK7dH2qXla76tpJllq	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 October 19th-October 23rd

Day/Time	TOPIC or Process	FACILITATOR
MON Oct 19		
10:00am-10:50am	Men's Recovery https://eptha.zoom.us/meeting/register/tJUpcO-hpiMuGtWM3irb94CvQn4cxNna5Mdh	Nevin
11:00am-11:50am	Brain and Substance Use https://eptha.zoom.us/meeting/register/tJwpcuyurzMiGtZzi-2voUchPhXmwGwCkev_	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tJwvcO6vpj4uGtA7f-1pjZ6BI0ZhdgQbAxxb	Kerri
3:00pm-3:50pm	Recap of Weekend and Plans for the Week https://eptha.zoom.us/meeting/register/tJMvvcu6orTkrHNblG91GZ-Rf3MKyXIPeCRuY	Susannah
TUE Oct 20		
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/meeting/register/tJ0kceGurzvwH9GH6HrNoFzMdElbdmrrzBN	Samantha
12:00pm-12:50pm	Open Process https://eptha.zoom.us/meeting/register/tJ0qc-GhgzMiEtRUI2t48EikpHs6mN1BbGmU	Kerri
2:00pm-2:50pm	Radical Acceptance https://eptha.zoom.us/meeting/register/tJwvc-ypqjltGNL6fe22C4oQYUJ7mzczgh4wM	Michele
WED Oct 21		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tJwod-ivrT0tGNy-ikOEEQtcvhpvKbHLXMT3	Nevin
11:00am-11:50am	Creating Self Care Plan https://eptha.zoom.us/meeting/register/tJAoceGurDorHd2m6zKSWfaQa82kBaZU6Q1-	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/tJwvc-ypqjltGNL6fe22C4oQYUJ7mzczgh4wM	Michele
3:00pm-3:50pm	Gratitude https://eptha.zoom.us/meeting/register/tJYudeuqpi4sH9HLv1um9fnX5f24-aEXVS9H	Samantha
4:00pm-4:50pm	Emotional Regulation https://eptha.zoom.us/meeting/register/tJ0ufu-urTwaGNML_vLJAp0lc0YxpsfgA55g	Kerri
THU Oct 22		
10:00am-10:50am	Gratitude in Recovery https://eptha.zoom.us/meeting/register/tJAvcuutzouHdUoE_h-4KO6epZ1vdmpZFID	Nevin
11:00am-11:50am	Family Patterns https://eptha.zoom.us/meeting/register/tJ0of-qvpj4sGtdZcrXTVJl5sRb7zpkYcX7z	Susannah
1:00pm-1:50pm	What is Next... What to Watch out For https://eptha.zoom.us/meeting/register/tJwvdOqoqz4tHtE4TUoU3q2m1ZJyWHw0bV_-	Kerri
2:00pm-2:50pm	Medicine Wheel https://eptha.zoom.us/meeting/register/tJcscOmgpzkiHNMX02InTSU1wbrWjOyKGT9V	Michele
FRI Oct 23		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tJEIfuCaqT8oGtx-g5H9gWT2Lgj8GLj09L1W	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/tJMqcuGgpz0vE9AFLdmF_iE0BIZs5324fDKr	Samantha
2:00pm-2:50pm	Two Wolves https://eptha.zoom.us/meeting/register/tJwvd-yvqjMuEtV5zGn5T1-OPDiLF4zQu-JD	Michele

Schedule posted at www.eptha.com

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