

ZOOM GROUP SCHEDULE WEEK OF November 23 rd -27 th		
Day/Time	TOPIC or Process	FACILITATOR
MON Nov 23		
10:00am-10:50am	Men's Recovery https://eptha.zoom.us/meeting/register/tJMtceyrpzsIEtFxCfcm0KiUnVaW3Dqmw2Zm	Nevin
11:00am-11:50am	Holiday Craft Activities https://eptha.zoom.us/meeting/register/tJ0ld-Ghrz0qEtD-oPDyGrhTTKiOvziHO3m8	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tJwufuyurz0uH9DSe7hISZlnCSE7Go1KZxl	Kerri
3:00pm-3:50pm	Setting Goals https://eptha.zoom.us/meeting/register/tJMqdemqj8jE90UFJ9S3ic9CEm7IAZxb1N2	Susannah
TUE Nov 24		
11:00am-11:50am	Open Process https://eptha.zoom.us/meeting/register/tJcscuqvqjMiHtDVOEWxEF9VJJ5Ee69N7e_E	Samantha
12:00pm-12:50pm	Women's Recovery- "Surviving the Holidays" https://eptha.zoom.us/meeting/register/tJ0qdOihpzMqGNLXKoyaN5oPD1k-M4ifKJ8G	Kerri
2:00pm-2:50pm	Core 1 https://eptha.zoom.us/meeting/register/tJYvfuispj8qH9aE44G7TMUrpz3wy_ZzkMXX	Michele
WED Nov 25		
10:00am-10:50am	Food & Mood https://eptha.zoom.us/meeting/register/tJArduCuqz4uHtE9qeQK5lxzinAGDzx3Gle3	Nevin
11:00am-11:50am	Creating Self Care 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	Closed- Potlach Days	Michele
3:00pm-3:50pm	Closed	Samantha
4:00pm-4:50pm	Closed	Kerri
THU Nov 26	CLOSED- Potlach Days	
10:00am-10:50am	CLOSED- Potlach Days	Nevin
11:00am-11:50am	CLOSED- Potlach Days	Susannah
1:00pm-1:50pm	CLOSED- Potlach Days	Kerri
2:00pm-2:50pm	CLOSED- Potlach Days	Michele
FRI Nov 27	CLOSED- Potlach Days	
10:00am-10:50am	CLOSED- Potlach Days	Nevin
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
1:00pm-1:50pm	CLOSED- Potlach Days	Samantha
2:00pm-2:50pm	CLOSED- Potlach Days	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 NOVEMBER 30th-Decembe 4th**

Day/Time	TOPIC or Process	FACILITATOR
MON Nov 30		
10:00am-10:50am	Men's Recovery https://eptha.zoom.us/meeting/register/tJUifumorzsvGdO6F9og7f5HND_ewz-CA_TX	Nevin
11:00am-11:50am	Circle of Control (Bring Paper and Pen) https://eptha.zoom.us/meeting/register/tJMpd-CsrzwtG9QP2KXZ9JpX_LSde2xMwj_i	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tJUlcemvqjooGtFnKjiiNYGG2ItOdkhwkF_69	Kerri
3:00pm-3:50pm	Family Patterns https://eptha.zoom.us/meeting/register/tJOof-qvpj4sGtdZcrXTVJl5sRb7zpkYcXZz	Susannah
TUE Dec 1		
11:00am-11:50am	SMART Goals (Bring Paper and Pen) https://eptha.zoom.us/meeting/register/tJMoc-quqikvHNYf4sZgUeEul-OK103wP9z_	Samantha
12:00pm-12:50pm	Step 10 Forgiveness https://eptha.zoom.us/meeting/register/tJcvduivqjsiEtOppTjqhpAoi1LR655A32pn	Kerri
2:00pm-2:50pm	Grief & Loss https://eptha.zoom.us/meeting/register/tJcrcOCuqj8iGNJYMSlOgBQ815CtDLb5miOw	Michele
WED Dec 2		
10:00am-10:50am	How to Create Sleep Routine https://eptha.zoom.us/meeting/register/tJlqd-gqrT4oGtPEu-yr8szCVsZB5807btm6	Nevin
11:00am-11:50am	Walk/Guided Meditation https://eptha.zoom.us/meeting/register/uJAldu6hpiwrQrLE9kOWe0JA1pa6yLijbw	Susannah
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
2:00pm-2:50pm	Core 2 https://eptha.zoom.us/meeting/register/tJMfuiuvqjGtCswW8C5Ra_Aa-loweGbBW8	Michele
3:00pm-3:50pm	Open Process https://eptha.zoom.us/meeting/register/tJYrdeyppqjlvGtRltbLWdbpTkPis4PPxWbSW	Samantha
4:00pm-4:50pm	Stress & Sobriety https://eptha.zoom.us/meeting/register/tJYsceGaqjwGdOIW54u3CaPmBK9JM3FcUGi	Kerri
THU Dec 3		
10:00am-10:50am	Forgiveness https://eptha.zoom.us/meeting/register/tJl0lfu6qaz8iGdLGyxOAFnQOQLZa4ssgqcZb	Nevin
11:00am-11:50am	Creating Christmas Chains https://eptha.zoom.us/meeting/register/tJEvce-sqz0jHNNp4x9lsp4zYqG62JYh7dk	Susannah
1:00pm-1:50pm	Stuck Points https://eptha.zoom.us/meeting/register/tJAud-CrqTgtHtfoflmVdvWR8fuM-Wf--v_d	Kerri
2:00pm-2:50pm	Positive Affirmations	Michele
FRI Dec 4		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tJlvcOysqzkqE9OvGgqiQ3f7F128swAVJLJB	Nevin
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
1:00pm-1:50pm	Recovery Songs (Bring a Song) https://eptha.zoom.us/meeting/register/tJApf-GhrzstE9U3VZmzPkRbXf2LmJNknYc9	Samantha
2:00pm-2:50pm	Holiday Activity in Recovery https://eptha.zoom.us/meeting/register/tJlud-iuqT4pHdw4GskZqV361TzQ50w_ccNB	Michele

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