

ZOOM GROUP SCHEDULE WEEK OF January 4 th - 8 th		
Day/Time	TOPIC or Process	FACILITATOR
MON Jan 4		
10:00am-10:50am	Men's Recovery https://eptha.zoom.us/meeting/register/tJMqde6uqTwsEt0eZ6llbhbXMa7TJZNXezCx	Nevin
11:00am-11:50am	Goal Setting (bring paper and pen) https://eptha.zoom.us/meeting/register/tJYQdeuvrT8qHdTY7Um0UrThFzY73zHPHdU	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tJ0uc-6urjIqGNXEnP_Y0UFUQz_KFw7Z488G	Kerri
3:00pm-3:50pm	Relapse Prevention Planning https://eptha.zoom.us/meeting/register/tJMpc-6vrTkuHtLYJ27FO66zpZu6RPbnocBU	Susannah
TUE Jan 5		
11:00am-11:50am	Women's Recovery- PTSD in Recovery https://eptha.zoom.us/meeting/register/tJwpcemypzsrHtHgTsKGDDQ6zUc3XF8KzIPF	Samantha
12:00pm-12:50pm	What's Next https://eptha.zoom.us/meeting/register/tJwsfuCvqD4iG9L3zWce7vqWePGCn9aOVE7Z	Kerri
2:00pm-2:50pm	DBT Radical Acceptance https://eptha.zoom.us/meeting/register/tJlIdu-rpiojHNLfHApOJWQvGhMnkXwt5UcQ	Michele
WED Jan 6		
10:00am-10:50am	Anger Management https://eptha.zoom.us/meeting/register/tJ0ode6srDloHtzq5d_EuTSTShqkPKgkjqb8	Nevin
11:00am-11:50am	Developing Goals https://eptha.zoom.us/meeting/register/uZlSdeihqzgsXwCE9XuV3oOGKp3az5eDg	Susannah
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
2:00pm-2:50pm	Parenting in Recovery https://eptha.zoom.us/meeting/register/tJwvd-mvqDgpGNR6XqAve58_BC09ZhZ5djPy	Michele
3:00pm-3:50pm	Regulating Emotions https://eptha.zoom.us/meeting/register/tJEdugopjssHdEfnETi7Gp4QeBjsQ0XUZFR	Samantha
4:00pm-4:50pm	Recognizing Stress https://eptha.zoom.us/meeting/register/tJAtd-GorzopGNPVF7InKyw5wy4qpl7HD3NV	Kerri
THU Jan 7		
10:00am-10:50am	Emotional Regulation https://eptha.zoom.us/meeting/register/tJwvfuqtqj8pGdw5zC82eMR2mZrCM3DMITrr	Nevin
11:00am-11:50am	Exploring the 3 F's: Flight, Flight and Freeze https://eptha.zoom.us/meeting/register/tJEocOCgrD4rHdMdyJU7g_x0T-xNc3k4CEG	Susannah
1:00pm-1:50pm	Recovering Brain https://eptha.zoom.us/meeting/register/tJwrdU-grzMvEtCshYZRrru0Wcf9UQJD7aeO	Kerri
2:00pm-2:50pm	Grief and Loss https://eptha.zoom.us/meeting/register/tJwldOmpriopHNJ8cKNFNji8NN36ejKvRb4s	Michele
FRI Jan 8		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tJMtce-uzqMvHtS9dCdCMuybvoPXSQypZuS-	Nevin
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
1:00pm-1:50pm	What is Self -Care? https://eptha.zoom.us/meeting/register/tJModOuqrjliHdO6qw7I2tRVI_NSvj_Sv20w	Samantha
2:00pm-2:50pm	Emotional Wheel https://eptha.zoom.us/meeting/register/tJMrdO2hrTksG9Hqi7PYi-Ye0FDm7DEfZi99	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 January 11th - 15th		
Day/Time	TOPIC or Process	FACILITATOR
MON Jan 11		
10:00am-10:50am	Men's Recovery https://eptha.zoom.us/meeting/register/tJwud--urT0vHtBwCtWMbk5tOds0y2Nb50le	Nevin
11:00am-11:50am	Negative Thinking Traps https://eptha.zoom.us/meeting/register/tJYlfuusrjopG9QLjoV-pC_O1P5Og6nzrcPN	Samantha
12:00pm-12:50pm	Red Road Study https://eptha.zoom.us/meeting/register/tJ0qfu-srzgiHtM1tsM3120KFxol3lFQ1CGc	Kerri
3:00pm-3:50pm	Identifying Triggers https://eptha.zoom.us/meeting/register/vJYpfuysrT8pz68uoebH2S33YCzrHdPkjQ	Susannah
TUE Jan 12		
11:00am-11:50am	Coping with Cravings https://eptha.zoom.us/meeting/register/tJEceiorj0sHtV4OMxGG9yU1Ip2-ZcYSb_O	Samantha
12:00pm-12:50pm	PAWS https://eptha.zoom.us/meeting/register/tJEpc-mpgTwsGN1TztMM4VCp0DzBY3s59nHk	Kerri
2:00pm-2:50pm	Positive Affirmations https://eptha.zoom.us/meeting/register/tJYlduChrz0iHtKWBYsYgG3ks4lghXaETsg3	Michele
WED Jan 13		
10:00am-10:50am	Using Triggers https://eptha.zoom.us/meeting/register/tJUtduGorDovGNH7ONUBLYTxWmjac7NEGD4y	Nevin
11:00am-11:50am	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	DBT Tree of Life In Recovery https://eptha.zoom.us/meeting/register/tJwsce2oqzMoEtXWUoGYRci81xr6pVpcOE-g	Michele
3:00pm-3:50pm	Living In Balance https://eptha.zoom.us/meeting/register/tJUvdOuqqDksGtDUf3pgNp69TC-8Nud_zHKc	Samantha
4:00pm-4:50pm	Family Roles https://eptha.zoom.us/meeting/register/tJclceyorzkiGdSQ3uCiMpJXfWOBKqfLx2lt	Kerri
THU Jan 14		
10:00am-10:50am	Sober Relaxation https://eptha.zoom.us/meeting/register/tJcod-GrrDlHNU53MSWwlbFnpRtnS2Olxns	Nevin
11:00am-11:50am	Communication Styles https://eptha.zoom.us/meeting/register/tJwldc2gqD8vEtWqnmMnE4K_sZbOJGPaHnvu	Susannah
1:00pm-1:50pm	Recovery Patterns of Co-Dependency https://eptha.zoom.us/meeting/register/tJAodeCuqjsrEtyOL3IKyRmAFg74gRHcKHuz	Kerri
2:00pm-2:50pm		Michele
FRI Jan 15		
10:00am-10:50am	Weekend Support https://eptha.zoom.us/meeting/register/tJlvc-yhqDlsGdDYIG-eOGtyW39ecvClLbS	Nevin
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
1:00pm-1:50pm	Family Roles https://eptha.zoom.us/meeting/register/tJ0udOmtrjMvEtdJ_MUq0zTxlbT-nXZDgMeD	Samantha
2:00pm-2:50pm	Story Telling Boy and the Snake https://eptha.zoom.us/meeting/register/tJYqfuuuqDojGNfm6EGz16_iZTxbdZz_IURG	Michele
Schedule posted at www.eptha.com		
All Zoom Groups need registration. Below are some instructions:		
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