

**ZOOM GROUP SCHEDULE
WEEK OF January 18th-22nd**

Day/Time	TOPIC or Process	FACILITATOR
MON Jan 18		
10:00am-10:50am	CLOSED	Nevin
11:00am-11:50am	CLOSED	Samantha
12:00pm-12:50pm	CLOSED	Kerri
3:00pm-3:50pm	CLOSED	Susannah
TUE Jan 19		
11:00am-11:50am	PAWS https://eptha.zoom.us/meeting/register/tJcufyqrTqrHd2c7JCw8m7HUBMawmerOTJG	Samantha
12:00pm-12:50pm	Psycho Social Stages of Change https://eptha.zoom.us/meeting/register/tJOrdumpRtkrEt0OrJ9c051xfjLuNURqEgMz	Kerri
2:00pm-2:50pm	Irrational Thinking https://eptha.zoom.us/meeting/register/tJlsc-CurTlvGdE0lw32JaFA00bsdNQqJMrs	Michele
WED Jan 20		
10:00am-10:50am	What is Fear? https://eptha.zoom.us/meeting/register/tJ0rf-qorzlqG9b2T4tRbi2C8AZqZSLclPUG	Nevin
11:00am-11:50am	Dealing with 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	Grief and Loss https://eptha.zoom.us/meeting/register/tJlIdu2ppjvwEtdcJIK7XQbbU7vsjYQgTjrT	Michele
3:00pm-3:50pm	Relapse Prevention Planning https://eptha.zoom.us/meeting/register/tJ0scOCsrDgrG90vyybnH5wFOEgAUh4UtvkH	Samantha
4:00pm-4:50pm	Relationships 101 https://eptha.zoom.us/meeting/register/tJMlce6uqToiHdMWQeraraqEoetsvUDqFFnXc	Kerri
THU Jan 21		
10:00am-10:50am	Parenting in Recovery https://eptha.zoom.us/meeting/register/tJEsc-igrjssH9H --KK4FOW5c8sU5qSGJEA	Nevin
11:00am-11:50am	Guided Meditation https://eptha.zoom.us/meeting/register/tJcpde-uzq0jGNLkI8Mx4ebnKUcsnmH-X7Xk	Susannah
1:00pm-1:50pm	Nutrition in Recovery https://eptha.zoom.us/meeting/register/tJlqduytqTosHdAJ03W-JoPro2Bi6TnxuEJZ	Kerri
2:00pm-2:50pm	DBT Stress Tolerance https://eptha.zoom.us/meeting/register/tJYucyusqzosHtBb2l7jIRmQsZv-iyKvDWCz	Michele
FRI Jan 22		
10:00am-10:50am	Weekend Support https://eptha.zoom.us/meeting/register/tJEkdOutqj0qGt3fZCSkDv8JaZldBQeN5ZfU	Nevin
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
1:00pm-1:50pm	Stress & SUD https://eptha.zoom.us/meeting/register/tJ0kcO6urDwiG9zdj4Raa-P58xKodOLFb5qZ	Samantha
2:00pm-2:50pm	Emotional Wheel https://eptha.zoom.us/meeting/register/tJMrdO2hrTksG9Hqj7PYi-Ye0FDm7DEFZi99	Michele
<p>Schedule posted at www.eptha.com 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 receiving email confirming registration 6. At time of group open email and click link for group and begin 		

ZOOM GROUP SCHEDULE WEEK OF January 25 th -29 th		
Day/Time	TOPIC or Process	FACILITATOR
MON Jan 25		
10:00am-10:50am	Men's Recovery https://eptha.zoom.us/meeting/register/tJwqfu2tpz0jGtAiXmf8SZOwDUknvBc6T4-h	Nevin
11:00am-11:50am	Stages of Change https://eptha.zoom.us/meeting/register/tJYkcuqrjstHtBckKkv2-A_GLCnSiQLuATx	Samantha
12:00pm-12:50pm	Red Road Study https://eptha.zoom.us/meeting/register/tJllce-qrTOEtP6Jg_ndJvRkNwuZOiV5Vq_	Kerri
3:00pm-3:50pm	Setting Goals https://eptha.zoom.us/meeting/register/tJMqdemqj8jE90UFJ9S3ic9CEm7IAZxb1N2	Susannah
TUE Jan 26		
11:00am-11:50am	The Brain & Substance Use https://eptha.zoom.us/meeting/register/tJllf-ggrTMOHNOdj4wAhe8AETVggil0Uuz9	Samantha
12:00pm-12:50pm	Stuck Points https://eptha.zoom.us/meeting/register/tJOrd-6prD8jGdH5GWk5b6yS3f_07OwYQg_D	Kerri
2:00pm-2:50pm	Grief and Loss https://eptha.zoom.us/meeting/register/tJMkdumtqD4tEtaxH5h4cn-xTSYb_Na-SU9w	Michele
WED Jan 27		
10:00am-10:50am	What is Forgiveness? https://eptha.zoom.us/meeting/register/tJwqfu2tpz0jGtAiXmf8SZOwDUknvBc6T4-h	Nevin
11:00am-11:50am	Learning to be Grateful https://eptha.zoom.us/meeting/register/uZcud-morjMipCJ-WMGZvFmw3Ch1I92FZw	Susannah
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
2:00pm-2:50pm	Daily Inventory https://eptha.zoom.us/meeting/register/tJwud--grDkrHNMWCvX5BLEnu_Bh-NMpcOY	Michele
3:00pm-3:50pm	Shame vs. Guilt https://eptha.zoom.us/meeting/register/tJMpc2orTgsHNOzDiWDN766NuqS9-i2fBXg	Samantha
4:00pm-4:50pm	Stress in Recovery https://eptha.zoom.us/meeting/register/tJcrf-GhrD8oE9Tu-SnwFZh81SIh4qE2-aMI	Kerri
THU Jan 28		
10:00am-10:50am	Social Media- Fact or Fiction? https://eptha.zoom.us/meeting/register/tJEtdemoqTsjGdMUm97os6FA025iCwnuLw1t	Nevin
11:00am-11:50am	Brainstorming Self Care Ideas https://eptha.zoom.us/meeting/register/tJAoceGurDorHd2m6zKSWfaQa82kBaZU6Q1-	Susannah
1:00pm-1:50pm	Recovery Patterns of Co-Dependency https://eptha.zoom.us/meeting/register/tJAodeCuqjrsrEtyOL3IKyRmAFg74gRHcKHuz	Kerri
2:00pm-2:50pm	Substances and the Body https://eptha.zoom.us/meeting/register/tJwfs--hqDggEtYJSdzy0S1_yzDZJU1swPDxY	Michele
FRI Jan 29		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tJUIce6hpzooEtwqxW0jadKnRbFKiE3Q6uJb	Nevin
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING https://eptha.zoom.us/j/94312224530	Not Treatment
1:00pm-1:50pm	Effective Refusal Skills https://eptha.zoom.us/meeting/register/tJwod--rpz4rGNZe_LLW5mANLog8818ExrOz	Samantha
2:00pm-2:50pm	Open Process- Beading (bring own activity) https://eptha.zoom.us/meeting/register/tJctcumqrTwiGtX3v1QAtJKyUbz7ldk-m81c	Michele
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