

ZOOM GROUP SCHEDULE WEEK OF February 1 <sup>st</sup> -5 <sup>th</sup>		
Day/Time	TOPIC or Process	FACILITATOR
<b>MON Feb 1</b>		
10:00am-10:50am	NO GROUP	Nevin
11:00am-11:50am	NO GROUP	Samantha
12:00pm-12:50pm	Red Road Step Study <a href="https://eptha.zoom.us/meeting/register/tJAldOCpaz8pEtOhzK_4vmYD9F5xy2wHMxaC">https://eptha.zoom.us/meeting/register/tJAldOCpaz8pEtOhzK_4vmYD9F5xy2wHMxaC</a>	Kerri
3:00pm-3:50pm	Relapse Prevention Planning <a href="https://eptha.zoom.us/meeting/register/tJMpc-6vrTkuHILYJ27FO66zpZu6RPbnocBU">https://eptha.zoom.us/meeting/register/tJMpc-6vrTkuHILYJ27FO66zpZu6RPbnocBU</a>	Susannah
<b>TUE Feb 2</b>		
11:00am-11:50am	NO GROUP	Samantha
12:00pm-12:50pm	Open Group/Surfing Our Last Nerve <a href="https://eptha.zoom.us/meeting/register/tJUif-CgrDgpEtWEJwhS-lkQNLed79zWPtF7">https://eptha.zoom.us/meeting/register/tJUif-CgrDgpEtWEJwhS-lkQNLed79zWPtF7</a>	Kerri
2:00pm-2:50pm	People Places and Things <a href="https://eptha.zoom.us/meeting/register/tJlpduGsqzssH9BoBP-eNm-o24QOFee4U9Af">https://eptha.zoom.us/meeting/register/tJlpduGsqzssH9BoBP-eNm-o24QOFee4U9Af</a>	Michele
<b>WED Feb 3</b>		
10:00am-10:50am	NO GROUP	Nevin
11:00am-11:50am	NO GROUP	Susannah
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING <a href="https://eptha.zoom.us/j/94312224530">https://eptha.zoom.us/j/94312224530</a>	Not Treatment
2:00pm-2:50pm	Core 1 <a href="https://eptha.zoom.us/meeting/register/tJEadu-hrzMqE9MLYHhTK5eib3pDNjgB-klR">https://eptha.zoom.us/meeting/register/tJEadu-hrzMqE9MLYHhTK5eib3pDNjgB-klR</a>	Michele
3:00pm-3:50pm	Women's Recovery- Grounding Techniques <a href="https://eptha.zoom.us/meeting/register/tJckcOqtrDopEtbbthaY_0Mpzip2_HMpJIRA">https://eptha.zoom.us/meeting/register/tJckcOqtrDopEtbbthaY_0Mpzip2_HMpJIRA</a>	Samantha
4:00pm-4:50pm	Robin Hood Morality <a href="https://eptha.zoom.us/meeting/register/tJlcu-rqjwpHtEqREQvE9-FK1sjZqp8peG1">https://eptha.zoom.us/meeting/register/tJlcu-rqjwpHtEqREQvE9-FK1sjZqp8peG1</a>	Kerri
<b>THU Feb 4</b>		
10:00am-10:50am	NO GROUP	Nevin
11:00am-11:50am	NO GROUP	Susannah
1:00pm-1:50pm	Emotional Regulation <a href="https://eptha.zoom.us/meeting/register/tJYudOqtqD4pGNJJr4k0560PZ_10DuxZF3BZ">https://eptha.zoom.us/meeting/register/tJYudOqtqD4pGNJJr4k0560PZ_10DuxZF3BZ</a>	Kerri
2:00pm-2:50pm	Grief and Loss <a href="https://eptha.zoom.us/meeting/register/tJEvc-muqilqG9JWmvOb_91YDuy53mZSjbbZ">https://eptha.zoom.us/meeting/register/tJEvc-muqilqG9JWmvOb_91YDuy53mZSjbbZ</a>	Michele
<b>FRI Feb 5</b>		
10:00am-10:50am	NO GROUP	Nevin
12:00pm-12:50pm	WELLBRIETY- OPEN MEETING <a href="https://eptha.zoom.us/j/94312224530">https://eptha.zoom.us/j/94312224530</a>	Not Treatment
1:00pm-1:50pm	Building Sober Supports <a href="https://eptha.zoom.us/meeting/register/tJlkcOgorzMpGNYfymLpsekmsmdlt_nQekJA">https://eptha.zoom.us/meeting/register/tJlkcOgorzMpGNYfymLpsekmsmdlt_nQekJA</a>	Samantha
2:00pm-2:50pm	Medicine Wheel <a href="https://eptha.zoom.us/meeting/register/tJltduiugDorH9LkLTfHyPZ86h6w4aqKvUKT">https://eptha.zoom.us/meeting/register/tJltduiugDorH9LkLTfHyPZ86h6w4aqKvUKT</a>	Michele
<p>Schedule posted at <a href="http://www.eptha.com">www.eptha.com</a></p> <p><b>All Zoom Groups require registration. Below are some instructions:</b></p> <ol style="list-style-type: none"> <li>1. Select the group you want to register for by clicking the hyperlink next to counselor name</li> <li>2. Hyperlink will take you to Zoom registration page</li> <li>3. Complete registration for group</li> <li>4. You will need valid email and phone number for registration</li> <li>5. Once registered you will receiving email confirming registration</li> <li>6. At time of group open email and click link for group and begin</li> </ol>		

**ZOOM GROUP SCHEDULE**  
WEEK OF February 8<sup>th</sup>-12<sup>th</sup>

Day/Time	TOPIC or Process	FACILITATOR
<b>MON Feb 8</b>		
10:00am-10:50am	<b>Men's Recovery</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJwpcOqqz8tE9BnSmYwo8VaBe8bBHA_CVvu</a>	Nevin
11:00am-11:50am	<b>What is Depression?</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJMuc-utrisoHtclasWU36aXrzcRr7YR88_T</a>	Samantha
12:00pm-12:50pm	<b>Lunch Time Open Process</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJwscumgqzouHdaYDvfVjeVaviftm5OLIcNd</a>	Susannah/Kerri
3:00pm-3:50pm	<b>Open Process-What's Working and What is not..</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJMvuc6orTkrHNbIG91GZ-Rf3MKyXIPeCRuY</a>	Susannah
<b>TUE Feb 9</b>		
11:00am-11:50am	<b>What is Anxiety?</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJlIduyprjMtGdHbGKjOauwCvbyUioF7bhjk</a>	Samantha
12:00pm-12:50pm	<b>Core 2</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJlIduuHgTlrG93B-1kr5lcFwe5V8uvW5LCU</a>	Michele/Kerri
2:00pm-2:50pm	<b>Native Story Telling</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJModumtrDwoHdWV5FfypWnotMuBcnACvj3K</a>	Michele
<b>WED Feb 10</b>		
10:00am-10:50am	<b>Transitioning from Incarceration</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJlDc-irrD4rGdCLCfjr3ROGPbaeTRXDURae</a>	Nevin
11:00am-11:50am	<b>Developing Goals</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/uZl5deihqzqsXwCE9XuV3oOGKp3az5eDg</a>	Susannah
12:00pm-12:50pm	<b>WELLBRIETY- OPEN MEETING</b> <a href="https://eptha.zoom.us/j/94312224530">https://eptha.zoom.us/j/94312224530</a>	Not Treatment
2:00pm-2:50pm	<b>Parenting in Recovery</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJlIcetrTsoGNDFJL9GFV4xQ3XjXzriva-h</a>	Michele
3:00pm-3:50pm	<b>Positive Affirmations</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJErdemqrT8tE9ZO8o_uo6Sx_VxvvOPJXmzH</a>	Samantha
4:00pm-4:50pm	<b>Time Management</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJAqdO-tqDkpE91banoC1mizQMXhadZXTfUV</a>	Nevin/Kerri
<b>THU Feb 11</b>		
10:00am-10:50am	<b>Spirituality In Recovery</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJl5deqsrzvwHteNDQplJBDfus9idU78oLSu</a>	Nevin
11:00am-11:50am	<b>Communication Styles</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJwldE2gqD8vEiWqnmMnE4K_sZbOJGPaHnvu</a>	Susannah
1:00pm-1:50pm		Susannah/Kerri
2:00pm-2:50pm	<b>Healthy Boundaries</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJlJrcOGurjlgHdzhwU8Fjg1Ij4p8yD1jGES</a>	Michele
<b>FRI Feb 12</b>		
	<b>Grief and Loss</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJModumtrDwoHdWV5FfypWnotMuBcnACvj3K</a>	
10:00am-10:50am	<b>Men's</b>	Nevin
12:00pm-12:50pm	<b>WELLBRIETY- OPEN MEETING</b> <a href="https://eptha.zoom.us/j/94312224530">https://eptha.zoom.us/j/94312224530</a>	Not Treatment
1:00pm-1:50pm	<b>Managing Cravings</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJAud-uhqjksHdy6Td_CEx_wxFRR10FFIb8b</a>	Samantha
2:00pm-2:50pm	<b>Open Process</b> <a href="https://eptha.zoom.us/join/924312224530">https://eptha.zoom.us/meeting/register/tJlQqdO6tqDoiHtEQFkpiQA7-Ogbhv55rATrS</a>	Michele

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