

ZOOM GROUP SCHEDULE WEEK OF April 26-April 30		
Day/Time	TOPIC or Process	FACILITATOR
<b>MON April 26</b>		
10:00am-10:50am	Weekend Review <a href="https://eptha.zoom.us/meeting/register/tJwPd-qhpsvGNUiCJAHLdsvSN_Cm8lmwf51">https://eptha.zoom.us/meeting/register/tJwPd-qhpsvGNUiCJAHLdsvSN_Cm8lmwf51</a>	Nevin
11:00am-11:50am	Depression and Anxiety <a href="https://eptha.zoom.us/meeting/register/tJlpcu-trDoiHtSyQkQV5_JPqbojPVoLqJho">https://eptha.zoom.us/meeting/register/tJlpcu-trDoiHtSyQkQV5_JPqbojPVoLqJho</a>	Samantha
12:00pm-12:50pm	Red Road Step Study <a href="https://eptha.zoom.us/meeting/register/tJEkcOisrD8pG9BIMRijtW8ZYKDRACDZRxAa">https://eptha.zoom.us/meeting/register/tJEkcOisrD8pG9BIMRijtW8ZYKDRACDZRxAa</a>	Kerri
3:00pm-3:50pm	Relapse Prevention <a href="https://eptha.zoom.us/meeting/register/tJYscuugrT4oHNF10I3Ahyz0IFXQpV5iY7VR">https://eptha.zoom.us/meeting/register/tJYscuugrT4oHNF10I3Ahyz0IFXQpV5iY7VR</a>	Susannah
<b>TUE April 27</b>		
11:00am-11:50am	PAWS <a href="https://eptha.zoom.us/meeting/register/tJcrce2ppj8sGNWgaIFfXUY-2kM-hLQKYhk5">https://eptha.zoom.us/meeting/register/tJcrce2ppj8sGNWgaIFfXUY-2kM-hLQKYhk5</a>	Samantha
12:00pm-12:50pm	Anger Umbrella <a href="https://eptha.zoom.us/meeting/register/tJUpf-yorjsrHN0yGoH2NWV4ldRy4tFPwPi-">https://eptha.zoom.us/meeting/register/tJUpf-yorjsrHN0yGoH2NWV4ldRy4tFPwPi-</a>	Kerri
2:00pm-2:50pm	Anger and Control <a href="https://eptha.zoom.us/meeting/register/tJlSdumpqTooG9RRS15tg4-t5PPQG9vluvSG">https://eptha.zoom.us/meeting/register/tJlSdumpqTooG9RRS15tg4-t5PPQG9vluvSG</a>	Michele
<b>WED April 28</b>		
10:00am-10:50am	Anger Management <a href="https://eptha.zoom.us/meeting/register/tJ0pfumvqTloH9KzLVZzMQ_7fOXM8r62M5xU">https://eptha.zoom.us/meeting/register/tJ0pfumvqTloH9KzLVZzMQ_7fOXM8r62M5xU</a>	Nevin
11:00am-11:50am	Learned Behaviors in Families <a href="https://eptha.zoom.us/meeting/register/tJMqduyvrjovHtX4-dMj1ZQ5pzIO5rJw29Rw">https://eptha.zoom.us/meeting/register/tJMqduyvrjovHtX4-dMj1ZQ5pzIO5rJw29Rw</a>	Susannah
2:00pm-2:50pm	Relapse Prevention <a href="https://eptha.zoom.us/meeting/register/tJMkceippjojGNwvaS3fcWhOLUBQRR5JKsvM">https://eptha.zoom.us/meeting/register/tJMkceippjojGNwvaS3fcWhOLUBQRR5JKsvM</a>	Michele
3:00pm-3:50pm	Women's Recovery: Establishing Boundaries <a href="https://eptha.zoom.us/meeting/register/tJckdeitqikuHN0buPis2fftNQeINrP7OOCx">https://eptha.zoom.us/meeting/register/tJckdeitqikuHN0buPis2fftNQeINrP7OOCx</a>	Samantha
4:00pm-4:50pm	Robin Hood Morality <a href="https://eptha.zoom.us/meeting/register/tJArcOoqT4uGNGoEcMlaXVZnpB2xhG6dgkH">https://eptha.zoom.us/meeting/register/tJArcOoqT4uGNGoEcMlaXVZnpB2xhG6dgkH</a>	Kerri
<b>THU April 29</b>		
10:00am-10:50am	Anxiety, What is It? <a href="https://eptha.zoom.us/meeting/register/tJ0rf-mvrTwpE9JIL1iTk9RnuCGCEFiZJ_">https://eptha.zoom.us/meeting/register/tJ0rf-mvrTwpE9JIL1iTk9RnuCGCEFiZJ_</a>	Nevin
11:00am-11:50am	Morning Meditation and Stretching <a href="https://eptha.zoom.us/meeting/register/tJMsD-2opjwE9zouFmDGFnJC3AwjA-NnNWB">https://eptha.zoom.us/meeting/register/tJMsD-2opjwE9zouFmDGFnJC3AwjA-NnNWB</a>	Susannah
1:00pm-1:50pm	Emotional Regulation <a href="https://eptha.zoom.us/meeting/register/tJUufuGtrzMvHtYemT2-xJv_m-GmOQislll">https://eptha.zoom.us/meeting/register/tJUufuGtrzMvHtYemT2-xJv_m-GmOQislll</a>	Kerri
2:00pm-2:50pm	Grief and Loss <a href="https://eptha.zoom.us/meeting/register/tJwoceyqqDsiHNlkD_Tq4D9INn03YY_zhr11">https://eptha.zoom.us/meeting/register/tJwoceyqqDsiHNlkD_Tq4D9INn03YY_zhr11</a>	Michele
<b>FRI April 30</b>		
10:00am-10:50am	Assertive Communication <a href="https://eptha.zoom.us/meeting/register/tJYocOyoqD4iHNaEYf99wKak1YY1LTIDSPb">https://eptha.zoom.us/meeting/register/tJYocOyoqD4iHNaEYf99wKak1YY1LTIDSPb</a>	Nevin
1:00pm-1:50pm	Gratitude Letters <a href="https://eptha.zoom.us/meeting/register/tJUocOCvqDMoEtDCJc92NKCx71b4hldfspeB">https://eptha.zoom.us/meeting/register/tJUocOCvqDMoEtDCJc92NKCx71b4hldfspeB</a>	Samantha
2:00pm-2:50pm	Open Process <a href="https://eptha.zoom.us/meeting/register/tJwkceurrT8qEtR2W_fvlwRDNY1fwSh2S7at">https://eptha.zoom.us/meeting/register/tJwkceurrT8qEtR2W_fvlwRDNY1fwSh2S7at</a>	Michele
<p><b>Schedule posted at <a href="http://www.eptha.com">www.eptha.com</a></b>  <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 be receiving email confirming registration</li> <li>6. At time of group open email and click link for group and begin</li> </ol>		

<b>ZOOM GROUP SCHEDULE WEEK OF May 3-7</b>		
<b>Day/Time</b>	<b>TOPIC or Process</b>	<b>FACILITATOR</b>
<b>MON May 3</b>		
10:00am-10:50am	<b>Men's Recovery</b> <a href="https://eptha.zoom.us/j/7Aof-CvqT4qE9yJePEW1wBK2Xvx9Xg9Y6LI">https://eptha.zoom.us/j/7Aof-CvqT4qE9yJePEW1wBK2Xvx9Xg9Y6LI</a>	Nevin
11:00am-11:50am	<b>Using Dreams</b> <a href="https://eptha.zoom.us/j/7YscOuvrDgJHtXQ3DhXsaARA-hKurCEDLxr">https://eptha.zoom.us/j/7YscOuvrDgJHtXQ3DhXsaARA-hKurCEDLxr</a>	Samantha
12:00pm-12:50pm	<b>Red Road Step Study</b> <a href="https://eptha.zoom.us/j/7wkcOyqzoiH9OW3x5-zRI00-NQHtyv_LPO">https://eptha.zoom.us/j/7wkcOyqzoiH9OW3x5-zRI00-NQHtyv_LPO</a>	Kerri
3:00pm-3:50pm	<b>Cross-Addiction</b> <a href="https://eptha.zoom.us/j/7UvcOCgrTsvGNX0yx_aNgnCDux593qGuRoi">https://eptha.zoom.us/j/7UvcOCgrTsvGNX0yx_aNgnCDux593qGuRoi</a>	Susannah
<b>TUE May 4</b>		
11:00am-11:50am	<b>Healthy Relationships</b> <a href="https://eptha.zoom.us/j/7AvfuurqD4sGdyZMAAWYcmSmhww8wCxUd4R">https://eptha.zoom.us/j/7AvfuurqD4sGdyZMAAWYcmSmhww8wCxUd4R</a>	Samantha
12:00pm-12:50pm	<b>Recovering Brain</b> <a href="https://eptha.zoom.us/j/7JkdeuprzgJHNQka_hz0RgjXtNE1hJyC_vk">https://eptha.zoom.us/j/7JkdeuprzgJHNQka_hz0RgjXtNE1hJyC_vk</a>	Kerri
2:00pm-2:50pm	<b>Medicine Wheel</b> <a href="https://eptha.zoom.us/j/7J0ucuiqj0pG9NdKJTDNB1hQaCII_mW-B9I">https://eptha.zoom.us/j/7J0ucuiqj0pG9NdKJTDNB1hQaCII_mW-B9I</a>	Michele
<b>WED May 5</b>		
10:00am-10:50am	<b>Co-Dependency</b> <a href="https://eptha.zoom.us/j/7JUqcO6tqzoiEtTif-KO0sUC3YfsXRDtB4at">https://eptha.zoom.us/j/7JUqcO6tqzoiEtTif-KO0sUC3YfsXRDtB4at</a>	Nevin
11:00am-11:50am	<b>Letters to Addiction</b> <a href="https://eptha.zoom.us/j/7JArdOqppz4IE9HcxSiMA-NRo6RKDqZqhCH4">https://eptha.zoom.us/j/7JArdOqppz4IE9HcxSiMA-NRo6RKDqZqhCH4</a>	Susannah
2:00pm-2:50pm	<b>Radical Acceptance</b> <a href="https://eptha.zoom.us/j/7JMud-2qrT4jEt1UwRPje00a9WES30t7WsBE">https://eptha.zoom.us/j/7JMud-2qrT4jEt1UwRPje00a9WES30t7WsBE</a>	Michele
3:00pm-3:50pm	<b>Honesty in Recovery</b> <a href="https://eptha.zoom.us/j/7JwqfuGtqzkjGdEloe3JkIPCCr-E33p48ei1">https://eptha.zoom.us/j/7JwqfuGtqzkjGdEloe3JkIPCCr-E33p48ei1</a>	Samantha
4:00pm-4:50pm	<b>Psycho Social Stages</b> <a href="https://eptha.zoom.us/j/7JYtceGorTssEtRslow6NgrAxPhj953zb3b">https://eptha.zoom.us/j/7JYtceGorTssEtRslow6NgrAxPhj953zb3b</a>	Kerri
<b>THU May 6</b>		
10:00am-10:50am	<b>Goal Setting</b> <a href="https://eptha.zoom.us/j/7Jctc-urqjovHdR0xFrDkXcvVAIDEUOEGDA1">https://eptha.zoom.us/j/7Jctc-urqjovHdR0xFrDkXcvVAIDEUOEGDA1</a>	Nevin
11:00am-11:50am	<b>Stages of Change</b> <a href="https://eptha.zoom.us/j/7Jwcu6urD0pH9Kdn24hCqmffrcus4u3eHs3">https://eptha.zoom.us/j/7Jwcu6urD0pH9Kdn24hCqmffrcus4u3eHs3</a>	Susannah
1:00pm-1:50pm	<b>Checklist of Symptoms</b> <a href="https://eptha.zoom.us/j/7Jrcuirsj4tGdX8WLDUQDf20TzGccQUbRml">https://eptha.zoom.us/j/7Jrcuirsj4tGdX8WLDUQDf20TzGccQUbRml</a>	Kerri
2:00pm-2:50pm	<b>Irrational Thinking</b> <a href="https://eptha.zoom.us/j/7JcqjOmhrTovHdaF9eCL2f10kizmOQdX2R8T">https://eptha.zoom.us/j/7JcqjOmhrTovHdaF9eCL2f10kizmOQdX2R8T</a>	Michele
<b>FRI May 7</b>		
10:00am-10:50am	<b>Open Process</b> <a href="https://eptha.zoom.us/j/7JYqceyqazsjHtcJ32f4Fq72lz9XYrrkOLYe">https://eptha.zoom.us/j/7JYqceyqazsjHtcJ32f4Fq72lz9XYrrkOLYe</a>	Nevin
1:00pm-1:50pm	<b>Recovery Songs</b> <a href="https://eptha.zoom.us/j/7JwlceGsqDosE9NfhkQjx2WqpKjftaen9Nef">https://eptha.zoom.us/j/7JwlceGsqDosE9NfhkQjx2WqpKjftaen9Nef</a>	Samantha
2:00pm-2:50pm	<b>Native Storytelling</b> <a href="https://eptha.zoom.us/j/7JcoduirzMiHtDK-085pBisMpvjNKxc7h1G">https://eptha.zoom.us/j/7JcoduirzMiHtDK-085pBisMpvjNKxc7h1G</a>	Michele
<p><b>Schedule posted at <a href="http://www.eptha.com">www.eptha.com</a></b></p> <p><b>All Zoom Groups need 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 be receiving email confirming registration</li> <li>6. At time of group open email and click link for group and begin</li> </ol>		