

**ZOOM GROUP SCHEDULE  
WEEK OF May 10 - 14**

<b>Day/Time</b>	<b>TOPIC or Process</b>	<b>FACILITATOR</b>
<b>MON May 10</b>	<b>Salmon Peoples Day</b>	
10:00am-10:50am	<b>CLOSED</b>	Nevin
11:00am-11:50am	<b>CLOSED</b>	Samantha
12:00pm-12:50pm	<b>CLOSED</b>	Kerri
3:00pm-3:50pm	<b>CLOSED</b>	Susannah
<b>TUE May 11</b>		
11:00am-11:50am	<b>Co-Dependency</b> <a href="https://eptha.zoom.us/j/0vce6gqj4tG9StEYE5p27ZGxhVnLxcccJS">https://eptha.zoom.us/j/0vce6gqj4tG9StEYE5p27ZGxhVnLxcccJS</a>	Samantha
12:00pm-12:50pm	<b>Red Road Study</b> <a href="https://eptha.zoom.us/j/1qd-6rqTstGdLwOrwY7IHX8OSV734v-7eA">https://eptha.zoom.us/j/1qd-6rqTstGdLwOrwY7IHX8OSV734v-7eA</a>	Kerri
2:00pm-2:50pm	<b>Parenting in Recovery</b> <a href="https://eptha.zoom.us/j/Muf-6qzlvGNYV87XUJGZB0IFGx2XA1uX">https://eptha.zoom.us/j/Muf-6qzlvGNYV87XUJGZB0IFGx2XA1uX</a>	Michele
<b>WED May 12</b>		
10:00am-10:50am	<b>Sleep in Recovery</b> <a href="https://eptha.zoom.us/j/Ef-6vqz0iHdK6uz9wmjpS6Bq1E1jyLbkF">https://eptha.zoom.us/j/Ef-6vqz0iHdK6uz9wmjpS6Bq1E1jyLbkF</a>	Nevin
11:00am-11:50am	<b>Developing Self-Care Skills</b> <a href="https://eptha.zoom.us/j/0vfuyqD0sHNMwV31-lwWnLIK6XurAxitY">https://eptha.zoom.us/j/0vfuyqD0sHNMwV31-lwWnLIK6XurAxitY</a>	Susannah
2:00pm-2:50pm	<b>Do I Have Co-Dependency?</b> <a href="https://eptha.zoom.us/j/0vfuyqzqkE9baNumbhcjPZjQ3KW6BIVhk">https://eptha.zoom.us/j/0vfuyqzqkE9baNumbhcjPZjQ3KW6BIVhk</a>	Michele
3:00pm-3:50pm	<b>Refusal Skills</b> <a href="https://eptha.zoom.us/j/YlcOmurjsoG9do-c68uCmK5JUK07gS_lfy">https://eptha.zoom.us/j/YlcOmurjsoG9do-c68uCmK5JUK07gS_lfy</a>	Samantha
4:00pm-4:50pm	<b>Addictions: What's Next?</b> <a href="https://eptha.zoom.us/j/Jctc-utqjwiE9XJQVMqCdaK2FckbVvB_TEZ">https://eptha.zoom.us/j/Jctc-utqjwiE9XJQVMqCdaK2FckbVvB_TEZ</a>	Kerri
<b>THU May 13</b>		
10:00am-10:50am	<b>Food and Mood</b> <a href="https://eptha.zoom.us/j/Ekfuqpg4jGN0-V3wxLyE280PtlxcwJVx">https://eptha.zoom.us/j/Ekfuqpg4jGN0-V3wxLyE280PtlxcwJVx</a>	Nevin
11:00am-11:50am	<b>Morning Meditation and Stretching</b> <a href="https://eptha.zoom.us/j/cleuqgj0iH9Kw0bthJ6zJsdB5ZMvUk-OX">https://eptha.zoom.us/j/cleuqgj0iH9Kw0bthJ6zJsdB5ZMvUk-OX</a>	Susannah
1:00pm-1:50pm	<b>Family Roles</b> <a href="https://eptha.zoom.us/j/EvduqgpjgvGNT2WydgoEA7KbQ7juQr5AuL">https://eptha.zoom.us/j/EvduqgpjgvGNT2WydgoEA7KbQ7juQr5AuL</a>	Kerri
2:00pm-2:50pm	<b>How Do I Deal with Stress?</b> <a href="https://eptha.zoom.us/j/wtf-2hrzstEtcFygl5xY8nTHT_QKKIriH">https://eptha.zoom.us/j/wtf-2hrzstEtcFygl5xY8nTHT_QKKIriH</a>	Michele
<b>FRI May 14</b>		
10:00am-10:50am	<b>Weekend and Family</b> <a href="https://eptha.zoom.us/j/EufuGrqDwiGdSleqlq84irM9gCPT7KcdTM">https://eptha.zoom.us/j/EufuGrqDwiGdSleqlq84irM9gCPT7KcdTM</a>	Nevin
1:00pm-1:50pm	<b>Red Road</b> <a href="https://eptha.zoom.us/j/MpdOiqqjMjGtNsHsBIDmllldGO8zU1DNcB9">https://eptha.zoom.us/j/MpdOiqqjMjGtNsHsBIDmllldGO8zU1DNcB9</a>	Samantha
2:00pm-2:50pm	<b>Toxic Relationships in Recovery</b> <a href="https://eptha.zoom.us/j/EkduurzgiHNaWU33cvlk36P7JTdXIUEii">https://eptha.zoom.us/j/EkduurzgiHNaWU33cvlk36P7JTdXIUEii</a>	Michele

**Schedule posted at [www.eptha.com](http://www.eptha.com)**

**All Zoom Groups require registration. Below are some instructions:**

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

