

**ZOOM GROUP SCHEDULE  
WEEK OF October 11-15**

<b>Day/Time</b>	<b>TOPIC or Process</b>	<b>FACILITATOR</b>
<b>MON Oct 11</b>	<b>CLOSED</b>	
10:00am-10:50am	<b>Indigenous People's Day</b>	Nevin
11:00am-11:50am	<b>CLOSED</b>	Samantha
12:00pm-12:50pm	<b>Indigenous People's Day</b>	Kerri
1:00pm-1:50pm	<b>CLOSED</b>	Nevin
<b>TUE Oct 12</b>		
11:00am-11:50am	<b>Women's Recovery</b> <a href="https://eptha.zoom.us/meeting/register/tZMsfuuhpzMiEt2GrLKXw4ETyProyh_6HYrC">https://eptha.zoom.us/meeting/register/tZMsfuuhpzMiEt2GrLKXw4ETyProyh_6HYrC</a>	Samantha
12:00pm-12:50pm	<b>Red Road Step Study</b> <a href="https://eptha.zoom.us/meeting/register/tZEtf-moqD0iH9Pv6y2b5dVRuBJmndwLkqgn">https://eptha.zoom.us/meeting/register/tZEtf-moqD0iH9Pv6y2b5dVRuBJmndwLkqgn</a>	Kerri
1:00pm-1:50pm	<b>Orientation</b> <a href="https://eptha.zoom.us/meeting/register/tZAkdemhrzovH9NTX0hYJRx0TxZy66QxVqyw">https://eptha.zoom.us/meeting/register/tZAkdemhrzovH9NTX0hYJRx0TxZy66QxVqyw</a>	Nevin
2:00pm-2:50pm	<b>Stress &amp; Recovery</b> <a href="https://eptha.zoom.us/meeting/register/tZMpdOitpj8iGNI_B10fVXcJ7VeLzI9n3qGm">https://eptha.zoom.us/meeting/register/tZMpdOitpj8iGNI_B10fVXcJ7VeLzI9n3qGm</a>	Michele
<b>WED Oct 13</b>		
10:00am-10:50am	<b>Relationships</b> <a href="https://eptha.zoom.us/meeting/register/tZAuceyoqDMuGdxOyt9dX8BNw5joQdIEFbJC">https://eptha.zoom.us/meeting/register/tZAuceyoqDMuGdxOyt9dX8BNw5joQdIEFbJC</a>	Nevin
11:00pm-11:50pm	<b>Nutrition</b> <a href="https://eptha.zoom.us/meeting/register/tZ0td-yvri8uHdb08wvxfAgQVxZN0OnCVcl9">https://eptha.zoom.us/meeting/register/tZ0td-yvri8uHdb08wvxfAgQVxZN0OnCVcl9</a>	Michele
3:00pm-3:50pm	<b>Core 1</b> <a href="https://eptha.zoom.us/meeting/register/tZwvcuyvrD0iEtPZMHlrz8UU_002XPAfUsjb">https://eptha.zoom.us/meeting/register/tZwvcuyvrD0iEtPZMHlrz8UU_002XPAfUsjb</a>	Samantha
4:00pm-4:50pm	<b>Open Group "Just for Today"</b> <a href="https://eptha.zoom.us/meeting/register/tZYpceysqz8sEtXUbrmJ4zehJQIVY1t1CruQ">https://eptha.zoom.us/meeting/register/tZYpceysqz8sEtXUbrmJ4zehJQIVY1t1CruQ</a>	Kerri
<b>THU Oct 14</b>		
10:00am-10:50am	<b>Emotional Regulation</b> <a href="https://eptha.zoom.us/meeting/register/tZ0qf-CprDgiGd1uaCWtauHGabBr87-s9-3z">https://eptha.zoom.us/meeting/register/tZ0qf-CprDgiGd1uaCWtauHGabBr87-s9-3z</a>	Nevin
11:00pm-11:50pm	<b>Psycho-Social Stages</b> <a href="https://eptha.zoom.us/meeting/register/tZAof-mqqj0rHdRdOY7lceNIE3h7rDb7W4bj">https://eptha.zoom.us/meeting/register/tZAof-mqqj0rHdRdOY7lceNIE3h7rDb7W4bj</a>	Michele
1:00pm-1:50pm	<b>Recovering Brain</b> <a href="https://eptha.zoom.us/meeting/register/tZYlceurpz0vHNT2cmYK6NVC3A86HB1rXRJU">https://eptha.zoom.us/meeting/register/tZYlceurpz0vHNT2cmYK6NVC3A86HB1rXRJU</a>	Kerri
<b>FRI Oct 15</b>		
10:00am-10:50am	<b>Open Process</b> <a href="https://eptha.zoom.us/meeting/register/tZEIf--qqDoiGdAJC-xPZYK8xvqdSMac3qwX">https://eptha.zoom.us/meeting/register/tZEIf--qqDoiGdAJC-xPZYK8xvqdSMac3qwX</a>	Nevin
1:00pm-1:50pm	<b>Emotional Regulation</b> <a href="https://eptha.zoom.us/meeting/register/tZlucempqzsoGdxRQxO-As8v39_LQxhnulZO">https://eptha.zoom.us/meeting/register/tZlucempqzsoGdxRQxO-As8v39_LQxhnulZO</a>	Samantha
2:00pm-2:50pm	<b>PAWS</b> <a href="https://eptha.zoom.us/meeting/register/tZcvc-GtpqijHNJfQSOsMrNRLStOFW-nl2e">https://eptha.zoom.us/meeting/register/tZcvc-GtpqijHNJfQSOsMrNRLStOFW-nl2e</a>	Michele/Samantha

**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 be receiving email confirming registration
6. At time of group open email and click link for group and begin

**ZOOM GROUP SCHEDULE**

**WEEK OF October 18-22**

<b>Day/Time</b>	<b>TOPIC or Process</b>	<b>FACILITATOR</b>
<b>MON Oct 18</b>		
10:00am-10:50am	<b>Men's Recovery Support</b> <a href="https://eptha.zoom.us/join/86298747143?pwd=aUlKYNBpNkdYUUtUM1BhME5xb3VsUT09">https://eptha.zoom.us/meeting/register/tZUvcOipqD4sHNSnk--iu51Kbrl0yA-YpAkd</a>	Nevin
11:00am-11:50am	<b>High Risk Situations</b> <a href="https://eptha.zoom.us/join/86298747143?pwd=aUlKYNBpNkdYUUtUM1BhME5xb3VsUT09">https://eptha.zoom.us/meeting/register/tZYtfu6prDMuHty8vrz602BtpIDDxRKGtU0</a>	Samantha
12:00pm-12:50pm	<b>Red Road Step Study</b> <a href="https://eptha.zoom.us/j/86298747143?pwd=aUlKYNBpNkdYUUtUM1BhME5xb3VsUT09">https://eptha.zoom.us/j/86298747143?pwd=aUlKYNBpNkdYUUtUM1BhME5xb3VsUT09</a>	Kerri
1:00pm-1:50pm	<b>Orientation</b> <a href="https://eptha.zoom.us/meeting/register/tZ0lcOuopjMqGdDcpmKzKy7TJZv9r3CxtvYl">https://eptha.zoom.us/meeting/register/tZ0lcOuopjMqGdDcpmKzKy7TJZv9r3CxtvYl</a>	Nevin
<b>TUE Oct 19</b>		
11:00am-11:50am	<b>Gratitude Letters</b> <a href="https://eptha.zoom.us/meeting/register/tZYsdOyrrzotGN229Q6nwStUwQguBeY4ySIN">https://eptha.zoom.us/meeting/register/tZYsdOyrrzotGN229Q6nwStUwQguBeY4ySIN</a>	Samantha
12:00pm-12:50pm	<b>Meditation Cards</b> <a href="https://eptha.zoom.us/meeting/register/tZwvduCupjsqH9zTtaWndsJY-yuQ3t-up6Pb">https://eptha.zoom.us/meeting/register/tZwvduCupjsqH9zTtaWndsJY-yuQ3t-up6Pb</a>	Kerri
1:00pm-1:50pm	<b>Orientation</b> <a href="https://eptha.zoom.us/meeting/register/tZlIdeygrz4tGtQSFwZ4WMdPXvgFnQeEL5v">https://eptha.zoom.us/meeting/register/tZlIdeygrz4tGtQSFwZ4WMdPXvgFnQeEL5v</a>	Nevin
2:00pm-2:50pm	<b>Positive Affirmations</b> <a href="https://eptha.zoom.us/meeting/register/tZlsceGapzooHdxsNiKy6RGtm110vfJlvjYn">https://eptha.zoom.us/meeting/register/tZlsceGapzooHdxsNiKy6RGtm110vfJlvjYn</a>	Michele
<b>WED Oct 20</b>		
10:00am-10:50am	<b>Grief and Loss</b> <a href="https://eptha.zoom.us/meeting/register/tZcscuqurjwjGrONFJ3Z7YV0xeKmd_VCTUYq">https://eptha.zoom.us/meeting/register/tZcscuqurjwjGrONFJ3Z7YV0xeKmd_VCTUYq</a>	Nevin
11:00pm-11:50pm	<b>Gratitude Letter (Bring pen and paper)</b> <a href="https://eptha.zoom.us/meeting/register/tZAvcu-gpjobGNQ6tnaq2eRVSqg_ldbv-Shc">https://eptha.zoom.us/meeting/register/tZAvcu-gpjobGNQ6tnaq2eRVSqg_ldbv-Shc</a>	Michele
3:00pm-3:50pm	<b>Establishing Boundaries</b> <a href="https://eptha.zoom.us/meeting/register/tZlIf-mppzqgEtSH5GvEeH-vQZMLBEkZ4Bo4">https://eptha.zoom.us/meeting/register/tZlIf-mppzqgEtSH5GvEeH-vQZMLBEkZ4Bo4</a>	Samantha
4:00pm-4:50pm	<b>Emotional Intelligence</b> <a href="https://eptha.zoom.us/meeting/register/tZAuc-moqjwpE9Rt_CPQXIUBuUFCLtUEq2Ty">https://eptha.zoom.us/meeting/register/tZAuc-moqjwpE9Rt_CPQXIUBuUFCLtUEq2Ty</a>	Kerri
<b>THUR Oct 21</b>		
10:00am-10:50am	<b>Relapse Prevention</b> <a href="https://eptha.zoom.us/meeting/register/tZcvd-mprDgtG9Z4iEJ72eWrCqEiMKBPcCVI">https://eptha.zoom.us/meeting/register/tZcvd-mprDgtG9Z4iEJ72eWrCqEiMKBPcCVI</a>	Nevin
11:00am-11:50am	<b>Making Amends</b> <a href="https://eptha.zoom.us/meeting/register/tZApdeGopjwqE9O20mTJUKHMojrJzorpF4Ce">https://eptha.zoom.us/meeting/register/tZApdeGopjwqE9O20mTJUKHMojrJzorpF4Ce</a>	Michele
1:00pm-1:50pm	<b>Advocating for Your Recovery</b> <a href="https://eptha.zoom.us/meeting/register/tZcofuisqzliGdfMxLl4kwYcg_E2kNPZO6Nz">https://eptha.zoom.us/meeting/register/tZcofuisqzliGdfMxLl4kwYcg_E2kNPZO6Nz</a>	Kerri
<b>FRI Oct 22</b>		
10:00am-10:50am	<b>Anger Management</b> <a href="https://eptha.zoom.us/meeting/register/tZwkceuqqjsiH9dhXHKcWYNGNOzfDyydP23F">https://eptha.zoom.us/meeting/register/tZwkceuqqjsiH9dhXHKcWYNGNOzfDyydP23F</a>	Nevin
1:00pm-1:50pm	<b>Values in Recovery</b> <a href="https://eptha.zoom.us/meeting/register/tZAtd-gtqjktGN1yTs0OFnY4RTdVt3MwUJnZ">https://eptha.zoom.us/meeting/register/tZAtd-gtqjktGN1yTs0OFnY4RTdVt3MwUJnZ</a>	Samantha
2:00pm-2:50pm	<b>Self Exploring</b> <a href="https://eptha.zoom.us/meeting/register/tZEsc-2urTouEtUPC9zgeI0kXnFz9rVm0UHE">https://eptha.zoom.us/meeting/register/tZEsc-2urTouEtUPC9zgeI0kXnFz9rVm0UHE</a>	Michele

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