

ZOOM GROUP SCHEDULE**WEEK OF November 8-12**

Day/Time	TOPIC or Process	FACILITATOR
MON Nov 8		
10:00am-10:50am	Men's Support https://eptha.zoom.us/meeting/register/tZMkdeiqgDliGNdCsUvarbrjRODbJuN9xw0V	Nevin
11:00am-11:50am	Anxiety and Depression https://eptha.zoom.us/meeting/register/tZEtcO2rqzMoHtP0uH3x3j5DHmw2ynQxHa1l	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZOpfuCspjwoEtJBFs7ALKIGOMSY6CTniu4i	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZMsceuuqDguHtVVcquw DtLuD3sTKjujnZ	Nevin
TUE Nov 9		
11:00am-11:50am	Healthy Sleep Habits https://eptha.zoom.us/meeting/register/tZ0odu2trj0uGtzGDEO7xNu-gxQBm_b811BX	Samantha
12:00pm-12:50pm	Native American Meditation Cards https://eptha.zoom.us/meeting/register/tZUrc-uoqzwwG9fdoOLQG2P34TQr42BBQRT	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZUkcOChjqoqHNcDT7Q79LapcOgwuTKVaJ3n	Nevin
2:00pm-2:50pm		
WED Nov 10		
10:00am-10:50am	Relapse Prevention https://eptha.zoom.us/meeting/register/tZUvf-ysqzltHtG297-Vw5DKQFQGZ0jxtaN	Nevin
11:00pm-11:50pm	Nutrition https://eptha.zoom.us/meeting/register/tZluduCrqj0sH9fK7kdQ2rOEmSMKRqmk6Bab	Kerri
3:00pm-3:50pm	Stress and Stress Reduction https://eptha.zoom.us/meeting/register/tZllcuCupzkiGtCZetU4Bx5yb2opzDQUGE1w	Samantha
4:00pm-4:50pm	Psycho-Social Stages https://eptha.zoom.us/meeting/register/tZ0ocO6qqzkrH9FJpGKGC0k12c8Y7QG3WZc	Kerri
THU Nov 11		
10:00am-10:50am	CLOSED	Nevin
11:00pm-11:50pm	Warrior's Day	Kerri
1:00pm-1:50pm	CLOSED	Kerri
FRI Nov 12		
10:00am-10:50am	Holiday Triggers https://eptha.zoom.us/meeting/register/tZAvf-ipqD0sGdXzUfcnyjFH6pgADfWYsnIE	Nevin
12:00pm-12:50pm	Self-Acceptance https://eptha.zoom.us/meeting/register/tZclc-mhqTkoG9cj6J2O_q_zXencGbQYw9F8	Samantha
2:00pm-2:50pm	Substances and the Body https://eptha.zoom.us/meeting/register/tZUodu-pqDqsGtGqOJJs385DWILLcNF4o8d3	Samantha

Schedule posted at 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 November 15-19		
Day/Time	TOPIC or Process	FACILITATOR
MON Nov 15		
10:00am-10:50am	Men's Group https://eptha.zoom.us/meeting/register/tZUof-qupjssGtTmvH7R1Bx_8h8Yq8SCa9Tw	Nevin/Kerri
11:00am-11:50am	Core 1 https://eptha.zoom.us/meeting/register/tZ0pduitqzwwqHNxGVLlasXQ3Qmh0s3ytFjfu	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZwvdOqtrDwwH9Fb7RNljq8FamUJRhmj4tZL	Kerri
1:00pm-1:50pm	No Group	Nevin
TUE Nov 16		
11:00am-11:50am	4 Seasons of Recovery https://eptha.zoom.us/meeting/register/tZAvd-GppjgsGNYTcPBaAt6u0a6v3zoZMpuZ	Samantha
12:00pm-12:50pm	What's Working? https://eptha.zoom.us/meeting/register/tZ0rfu-orDkvHNNNOznUu5dUmwk3Y6E1YvM_h	Kerri
1:00pm-1:50pm	No Group	Nevin
2:00pm-2:50pm		
WED Nov 17		
10:00am-10:50am	Wise Mind https://eptha.zoom.us/meeting/register/tZwuce6pqzMvHtW3Gi4BiGBap6848ciUqoMp	Nevin/Samantha
11:00pm-11:50pm	Step 10 & Forgiveness https://eptha.zoom.us/meeting/register/tZcqde6oqDgpHtFYGQI-R5QPzrtFxBNBIKeJo	Kerri
3:00pm-3:50pm	Grief and Loss https://eptha.zoom.us/meeting/register/tZloc-yqqDMjH9EQkkIG0QJtgI_5m8_2lk5r	Samantha
4:00pm-4:50pm	Advocating for Your Recovery https://eptha.zoom.us/meeting/register/tZAqduCspz4iHtB2P4RGBIQY6eCoKIM4TDQQ	Kerri
THUR Nov 18		
10:00am-10:50am	No Group	Nevin
11:00am-11:50am	PAWS https://eptha.zoom.us/meeting/register/tZAKdu-hqjwsHNSVbkoXf47eIS-f7WsfCD7	Kerri
1:00pm-1:50pm	Learned Behaviors of Addicted Families https://eptha.zoom.us/meeting/register/tZlkcOigrDwsH911DHkVThqRjyA5V26liuN5	Kerri
FRI Nov 19		
10:00am-10:50am	No Group	Nevin
12:00pm-12:50pm	Recovery Songs https://eptha.zoom.us/meeting/register/tZMkduhrTosHNQ5XabzMBW9K_nzQm9Nz0hr	Samantha
2:00pm-2:50pm	Seasons of Gratitude https://eptha.zoom.us/meeting/register/tZcucuiqD0vHde_8de2zukECa5RPNf3SbRA	Samantha

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