

**ZOOM GROUP SCHEDULE
WEEK OF November 22-26**

Day/Time	TOPIC or Process	FACILITATOR
MON Nov 22		
10:00am-10:50am	Men's Recovery https://eptha.zoom.us/meeting/register/tZEqdeyvqTmiHtQ1BbTj-Hu7gKNIIAlne7RW	Nevin
11:00am-11:50am	Relapse Prevention https://eptha.zoom.us/meeting/register/tZMlfu2uqi8sH90pBqbaKnGqVBdmYA5D62lg	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZYoc-mgrzwtGNyMV83S11jxZQbN8nmBj-n0	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZUpc-GupjktH9MfcN2MZkaAKyUlv2qr9-TL	Nevin
TUE Nov 23		
11:00am-11:50am	Holiday Planning https://eptha.zoom.us/meeting/register/tZEqdemhaDojG9BzulSuMKeg_5hOcxGQNVaJ	Samantha
12:00pm-12:50pm	Home for the Holidays https://eptha.zoom.us/meeting/register/tZUqd--przggHNFHWncMPGpBhODvGLvd7wPI	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZwoceiqgD0oGNPTqqY2e02Yx0gpNrMSsE0	Nevin
WED Nov 24		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tZMldOyhrjkuEtSgYHqY3WEoDujBFYUjNjuf0	Nevin
11:00pm-11:50pm	Open Group "Holiday Relapse Prevention Plans" https://eptha.zoom.us/meeting/register/tZ0qcemqpsjHtYN-ToY9AtrA3AunvOsYtjh	Kerri
3:00pm-3:50pm	CLOSED at Noon	Samantha
4:00pm-4:50pm	CLOSED	Kerri
THU Nov 25	CLOSED	
10:00am-10:50am	Potlatch Days	Nevin
11:00pm-11:50pm	CLOSED	Kerri
1:00pm-1:50pm	Potlatch Days	Kerri
FRI Nov 26	CLOSED	
10:00am-10:50am	Potlatch Days	Nevin
12:00pm-12:50pm	CLOSED	Samantha
2:00pm-2:50pm	Potlatch Days	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 29 – December 3**

Day/Time	TOPIC or Process	FACILITATOR
MON Nov 29		
10:00am-10:50am	Men's Recovery https://eptha.zoom.us/meeting/register/tZEKcequrjkoGd1T6kSGHE-YnEFu5fwFTUBx	Nevin
11:00am-11:50am	Core 2 https://eptha.zoom.us/meeting/register/tZUscEgVqzWvGtExeC_SnH6woa1fxgNP8-1p	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZUudeCpqz8pH9wniG6imkxj-i7a0JH_laBr	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZEpfumvqjkaG9y91LlcyIHhSUy8RMzUw0mA	Nevin
TUE Nov 30		
11:00am-11:50am	Self-Talk https://eptha.zoom.us/meeting/register/tZlqde6gqTkpEtYJvHcnuxTQ2Ru5BiGRv3iq	Samantha
12:00pm-12:50pm	Open Group "Processing Holiday Celebrations" https://eptha.zoom.us/meeting/register/tZMrc-yurDotGdaBEMf4bRl863sqbvwihkvx	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZOodu-gpz0uHNLXDXbha9aKRilpgnLi_OQM	Nevin
WED Dec 1		
10:00am-10:50am	Mindfulness https://eptha.zoom.us/meeting/register/tZ0rd-6rqzWjH9fTu4M94pjhFvuQme12QY6E	Nevin
11:00pm-11:50pm	Relationships 101 https://eptha.zoom.us/meeting/register/tZErdOioqzWiHNWCyBHSYFZwkaWMwUZiHLpS	Kerri
3:00pm-3:50pm	Positive and Negative Warriors https://eptha.zoom.us/meeting/register/tZcpdOmhqTlpGdUteAY3ivCIGj3wcbw2912-	Samantha
4:00pm-4:50pm	Positive Emotions https://eptha.zoom.us/meeting/register/tZwrcuqoqzMpGdG_qhvOmEme8IIEBRFNyxBO	Kerri
THUR Dec 2		
10:00am-10:50am	Sleep and Recovery https://eptha.zoom.us/meeting/register/tZwvde6uqTltEtS2AI3sR-ORFRYdj0xQyDK8	Nevin
11:00am-11:50am	No Group	Kerri
1:00pm-1:50pm	No Group	Kerri
FRI Dec 3		
10:00am-10:50am	How do I Relax? https://eptha.zoom.us/meeting/register/tZAldOmvqDkjGtLCLbSLI76or9UcoUS0jqxZ	Nevin
12:00pm-12:50pm	How well am I? https://eptha.zoom.us/meeting/register/tZwvceyoqTstEtSVOQxqfluvqcL3q3j-8-Rs	Samantha
2:00pm-2:50pm	Shame vs. Guilt https://eptha.zoom.us/meeting/register/tZlucuqgqTwqHtBFn5D5iq2l_jaNgg0LI8xS	Samantha

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