

**ZOOM GROUP SCHEDULE
WEEK OF December 6 - 10**

Day/Time	TOPIC or Process	FACILITATOR
MON Dec 6		
10:00am-10:50am	Gratitude Group https://eptha.zoom.us/meeting/register/tZYsde2pqTwoE9weoq8UbVHV3TTjAiR5swZh	Nevin
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/meeting/register/tZUtcmuqzoiH9llwwxvluj5DC5Wbg-Ukt2Z7	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZEvd-mrjq0iGNS9HRyQh3X0YM60-yxFN6JZ	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZEpcu-qrD8qEtaFCD1939p4BjFehOq_r-pM	Nevin
TUE Dec 7		
11:00am-11:50am	Core 1&2 https://eptha.zoom.us/meeting/register/tZEtdOGuqzkaEtaJ6pOnB8qRSFYqs43NtkIE	Samantha
12:00pm-12:50pm	Stages of Relapse https://eptha.zoom.us/meeting/register/tZAtduytqDguGdWNFIDyoe8LWDvfXZVQEMU5	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZYlduihqzoqGtHuk9W5NmM16yKm3NRYs008	Nevin
WED Dec 8		
10:00am-10:50am	Anger Management https://eptha.zoom.us/meeting/register/tZUlcO6sqT0oHdy8SfC-2lxrsAU2tqELxltg	Nevin
11:00pm-11:50pm	Anger & Emotions https://eptha.zoom.us/meeting/register/tZYpduuqrjkuGtRecnpUxUE58alDUz5AZKoo	Kerri
3:00pm-3:50pm	Grief & Loss https://eptha.zoom.us/meeting/register/tZMkdO2qaqjgsH9Dufj2SPUGvZc8xUvgNmBIW	Samantha
4:00pm-4:50pm	Open Group "Just for Today" https://eptha.zoom.us/meeting/register/tZlvduytqjlrHdViKyjrilJdBn0aFszjauDK	Kerri
THU Dec 9		
10:00am-10:50am	Social Media and Recovery https://eptha.zoom.us/meeting/register/tZ0ud-iurTwjG9C98GfL8l-GUOaOqCoaj6za	Nevin
11:00pm-11:50pm	Robin Hood & Morality https://eptha.zoom.us/meeting/register/tZAlceigrz0uGNH4UiSJVCzwIzRezFEma38u	Kerri
1:00pm-1:50pm	Emotional Regulation https://eptha.zoom.us/meeting/register/tZ0lfuqurjloGdOT_YNnn6RdjsnEy4AkPNtH	Kerri
FRI Dec 10		
10:00am-10:50am	Family Relationships in Addiction https://eptha.zoom.us/meeting/register/tZMlfu-urDwiHdYvnJtwQS1OPSVh9Z9FVXw1	Nevin
12:00pm-12:50pm	My Emotional Cup https://eptha.zoom.us/meeting/register/tZ0rcO-gqzwpHde3r5skG2d1OvCfzTyAvi1w	Samantha
2:00pm-2:50pm	Open Process https://eptha.zoom.us/meeting/register/tZEsf-igrTkiHtzf1fLpFN9YhHn6CN85OyJ_	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 December 13 - 17**

Day/Time	TOPIC or Process	FACILITATOR
MON Dec 13		
10:00am-10:50am	Boundaries https://eptha.zoom.us/meeting/register/tZcsdOGvqT4oEtUaQgMt4xG7H5oK12lyWh9x	Nevin
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/meeting/register/tZlqc-CgrzMjGNc0bblyZz5rkgbhKJ01tgml	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZAvduiqDltH9GBM3Q3b4SG6QVDUgQ-hg8o	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZAocqsrszspHN2uZh6BVzCSP0w-Cvj_35vn	Nevin
TUE Dec 14		
11:00am-11:50am	Meditation and Mindfulness https://eptha.zoom.us/meeting/register/tZEscOurqTsiGNzbhbPAdKf2st-FPvFNN4WM	Samantha
12:00pm-12:50pm	Anger Umbrella https://eptha.zoom.us/meeting/register/tZYpf-yuqj4oHdU1ed7pOn8kGsKjMZg9Bepw	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZ0pdO6hqjstG9afwDRA36Bvnuzyzy6nyyIPS	Nevin
WED Dec 15		
10:00am-10:50am	Food's Impact on Mood https://eptha.zoom.us/meeting/register/tZEvdeieurzouG9eQQUYK0Jzys34jmoY_BRHn	Nevin
11:00pm-11:50pm	Nutrition https://eptha.zoom.us/meeting/register/tZMtf-yvqTkjHt1qRDnqck_rPqbNmTNKHug	Kerri
3:00pm-3:50pm	Journaling https://eptha.zoom.us/meeting/register/tZEscOGsqzsvHdVEwCSM_cqZUQp7BGysJHdj	Samantha
4:00pm-4:50pm	PAWS https://eptha.zoom.us/meeting/register/tZctdempqz8pHtJ2nl7igm1CuYeAY8GuAIX	Kerri
THUR Dec 16		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tZ0tf-6qjwuGtNaUqx49yWOFHIWah5e9ASM	Nevin
11:00am-11:50am	Family Roles https://eptha.zoom.us/meeting/register/tZMpdO2prDwoGNc69EYCt7Md640hSdxxJqpa	Kerri
1:00pm-1:50pm	What's Working? https://eptha.zoom.us/meeting/register/tZwtce-srT8jGNPSn7eeaxLwIMufrxc60Fq0	Kerri
FRI Dec 17		
10:00am-10:50am	Weekend/Triggers https://eptha.zoom.us/meeting/register/tZUufuqvrD4tGteXAyiBvXaRX-Rdtn9FRGh_	Nevin
12:00pm-12:50pm	Holiday Planning https://eptha.zoom.us/meeting/register/tZwudu2urTsjGNaj7uDJBZ094BJbaSnrOvd	Samantha
2:00pm-2:50pm	Recovery Songs https://eptha.zoom.us/meeting/register/tZ0udOieurjluGtxUKiwJhg_sL-QMJOU4dFt_	Samantha

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