

ZOOM GROUP SCHEDULE WEEK OF January 17-21

Day/Time	TOPIC or Process	FACILITATOR
MON Jan 17	CLOSED	
10:00am-10:50am	Martin Luther King, Jr. Day	Nevin
11:00am-11:50am	CLOSED	Samantha
12:00pm-12:50pm	Martin Luther King, Jr. Day	Kerri
1:00pm-1:50pm	CLOSED	Nevin
TUE Jan 18		
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/meeting/register/tZAofuqqjgpEtdH-Jm40aaaSxcx8JAwoyl	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZwvduyupz8jE9LWkMDqWASFTD3XU7IE42rV	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZMocu2orD0pGdRhCYpu7O2tVdlzh-ZZKmog	Nevin
WED Jan 19		
10:00am-10:50am	Holiday Stress Reduction https://eptha.zoom.us/meeting/register/tZlsde6trDksE9Z9OHuXf7NsjJT-PjPuSsGn	Nevin
11:00pm-11:50pm	What Working? https://eptha.zoom.us/meeting/register/tZUrcu2opjpkHNfwdcTdR26WOJ6HQYOwaN4i	Kerri
3:00pm-3:50pm	Core 1&2 https://eptha.zoom.us/meeting/register/tZwkduqrqDqpG9zTzxNCKlqBpv81fVSzKp6r	Samantha
4:00pm-4:50pm	Checklist of Symptoms https://eptha.zoom.us/meeting/register/tZAkOisqjkrGd2cG4jyP9dseYvIMQqbJjKU	Kerri
THU Jan 20		
10:00am-10:50am	Sober Family Celebrations https://eptha.zoom.us/meeting/register/tZYpduitqjkuGtwFa4FSK99gAea9O-thHuHk	Nevin
11:00pm-11:50pm	Psycho-Social Stages https://eptha.zoom.us/meeting/register/tZlqcuGurzWuH91TKSWgnn3LiML6qYjnRSgl	Kerri
1:00pm-1:50pm	Relationships 101 https://eptha.zoom.us/meeting/register/tZEsdO2trzMqGNzcJxVlv5R4PE1CL0R2Xcpg	Kerri
FRI Jan 21		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tZMkdO6rpjorHd08UhtWkaIZBga1JmfHFdaY	Nevin
12:00pm-12:50pm	Managing Anxiety https://eptha.zoom.us/meeting/register/tZwkce6hpz4uGNNUG9QPdII1PCC7V4fs5hkCW	Samantha
2:00pm-2:50pm	Open Process https://eptha.zoom.us/meeting/register/tZ0ldemtpi0oGtGBnMMcFTEPz-A9o2OJ7AAv	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 January 24-28

Day/Time	TOPIC or Process	FACILITATOR
MON Jan 24		
10:00am-10:50am	Men's Recovery https://eptha.zoom.us/meeting/register/tZckdOuhqjlqGtJ7pcGfy_uClraqwkSVdbYe	Nevin
11:00am-11:50am	Effective Refusal Skills https://eptha.zoom.us/meeting/register/tZAvf-iuqjMiEtyfAMbGTOarWjUnnKVnDN	Samantha
12:00pm-12:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZ0pfu-trD4jEtd73gHaUjykmkfYSxAWRvJq	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZUod-mhpj4qHtOFS79WDoiBcj_Jz9AacoZv	Nevin
TUE Jan 25		
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/meeting/register/tZAsd-ytrT4iE90nt0dV-OnSsv6g-sdXJjfr	Samantha
12:00pm-12:50pm	Recovering Brain https://eptha.zoom.us/meeting/register/tZAlf-yhpjkiGtSiynp5S3Zqfflds1qx01I3	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZwsd-2prTlrH9ChYDu925Qiw1MBwklZsoj	Nevin
WED Jan 26		
10:00am-10:50am	Sleep and Health in Recovery https://eptha.zoom.us/meeting/register/tZYqdumoqT8qH9Do0Yo5Nd2Yyg_UWPbR0Ujo	Nevin
11:00pm-11:50pm	Meditation Cards https://eptha.zoom.us/meeting/register/tZcldOusrzwiE90Yhuj3zSZqa1JK1rKdHXRZ	Kerri
3:00pm-3:50pm	Values in Recovery https://eptha.zoom.us/meeting/register/tZEvc-GrqTkoGtwLRuiCmH-dvyh_EsZw4W8f	Samantha
4:00pm-4:50pm	Positive Emotions https://eptha.zoom.us/meeting/register/tZlscemhrzMqGNNmP_03PVqPOP3xo842UJ8M	Kerri
THUR Jan 27		
10:00am-10:50am	Forgiveness https://eptha.zoom.us/meeting/register/tZYude-hpjojGdxeRagLYVs9X6azRfhZyZhy	Nevin
11:00am-11:50am	Stress and Sobriety https://eptha.zoom.us/meeting/register/tZlodemvqT4uErcE9qg08Fff0hs8p_YcnXJi	Kerri
1:00pm-1:50pm	Learned Behaviors of Addicted Families https://eptha.zoom.us/meeting/register/tZlod-yurD0iG9aSooDRi_HP93GvsvHAPidA	Kerri
FRI Jan 28		
10:00am-10:50am	Weekend Relapse Prevention https://eptha.zoom.us/meeting/register/tZwtceurrj0rGda1jASsJX2_rxndkOKIAAuR	Nevin
12:00pm-12:50pm	Managing Depression https://eptha.zoom.us/meeting/register/tZYkceqtpj4uHdSWi_eE16V-DD_St8_BdN6P	Samantha
2:00pm-2:50pm	Rewarding My Successes https://eptha.zoom.us/meeting/register/tZMvf-mvqjojGNTjBiDM5xrrgruonswi0EsK	Samantha

Schedule posted at www.eptha.com

All Zoom Groups need 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