

ZOOM GROUP SCHEDULE WEEK OF October 10-14		
Day/Time	TOPIC or Process	FACILITATOR
MON Oct 10	CLOSED	
10:00am-10:50am	Indigenous People Day	Nevin
11:00am-11:50am	CLOSED	Samantha
1:00pm-1:50pm	Indigenous People Day	Kerri
1:00pm-1:50pm	CLOSED	Susannah
2:00pm-2:50pm	Indigenous People Day	Mellisa
TUE Oct 11		
11:00am-11:50am	Adult Children of Alcoholics https://eptha.zoom.us/meeting/register/tZ0vc--vrz4qGNanbqUyw3zz0h1i9cVoWLW5	Samantha
1:00pm-1:50pm	IN PERSON GROUP Native Crafting	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZwsdeirqTkpE9O103Uu1WEbfc9wsp9nmDzl	Susannah
4:00pm-4:50pm	Mental Health https://eptha.zoom.us/meeting/register/tZUlcuGsrTkiGt10taa2o4x8ejvSGSNTpctD	Mellisa
WED Oct 12		
10:00am-10:50am	IN PERSON GROUP Sleep and Recovery	Nevin
11:00pm-11:50pm	Positive Emotions https://eptha.zoom.us/meeting/register/tZYqdO2tqTqjG9XHdR-NL85b4CycJxk6YK21	Kerri
3:00pm-3:50pm	Forgiveness in Recovery https://eptha.zoom.us/meeting/register/tZUqc-uur4sHtSASTA7sT9YmRq4y-JYOhMV	Samantha
4:00pm-4:50pm	Core 1 https://eptha.zoom.us/meeting/register/tZMtfuCVqzwoGtbLWqrB-RVqjPTa5ws7s_LE	Samantha
THU Oct 13		
8:00am-8:50am	Coffee and reflection https://eptha.zoom.us/meeting/register/tZEpde6vpjMqEtwZF3NMtv314eyj_vXrbCRp	Nevin
10:00am-10:50am	Self-Sabotage https://eptha.zoom.us/meeting/register/tZ0kfuqhrzlsH9GDJwDX5g3S9OPrnSD6KSVm	Nevin
11:00pm-11:50pm	Stages of Relapse https://eptha.zoom.us/meeting/register/tZ0vdO6srTouHtXEF-AN-ziRkW-uPVi4TCo5	Kerri
1:00pm-1:50pm	IN PERSON GROUP Positive Affirmations	Mellisa
FRI Oct 14		
10:00am-10:50am	Wants Vs. Needs https://eptha.zoom.us/meeting/register/tZEsf-mtqToqGdV3LT112a94HklivYL_Sgmw	Nevin
10:00am-11:50am	Drum Making (LIMIT 6) Register by email: KZanoni@eptha.com	Kerri
12:00pm-12:50pm	IN PERSON GROUP Fun in Recovery	Samantha
1:00pm-1:50pm	IN PERSON Orientation	Susannah
1:00pm-1:50pm	Moms in Recovery https://eptha.zoom.us/meeting/register/tZYscuuopjMqE9z5jADxizku5YENc9zy5RFx	Mellisa
2:00pm-2:50pm	Healthy Sleep https://eptha.zoom.us/meeting/register/tZYldO6vrD8uEtH9EQNOq4DJmxxv6sxRaz7	Samantha
<p>Schedule posted at www.eptha.com</p> <p>All Zoom Groups require registration. Below are some instructions:</p> <ol style="list-style-type: none"> 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 with password: puyallup 4. You will need valid email for registration 5. Once approved you will be receiving email with link for group 6. At time of group open email and click link for group and begin 		

ZOOM GROUP SCHEDULE WEEK OF October 17-21		
Day/Time	TOPIC or Process	FACILITATOR
MON Oct 17		
10:00am-10:50am	Men in Recovery https://eptha.zoom.us/meeting/register/tZMsdeCurT4tGt1_jMU-nl_4iFNNH1gWpoUV	Nevin
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/meeting/register/tZAvfu6prT0oE9R07_pCW3iqQjpZG6T5NCZI	Samantha
1:00pm-1:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZ0ldOmuqTkuG9IUBu21VqtNSuslB8LJfjVK	Kerri
1:00pm-1:50pm	No Group	Susannah
2:00pm-2:50pm	Anger Flags https://eptha.zoom.us/meeting/register/tZUqfuigqTsoE9whbT5zTP4vlwYgwXt2shmK	Mellisa
TUE Oct 18		
11:00am-11:50am	Handling Sadness https://eptha.zoom.us/meeting/register/tZYpd-ggqj4rHNAC5bPx3nKcFSbgGFvnBwkT	Samantha
1:00pm-1:50pm	IN PERSON GROUP Native Crafting	Kerri
1:00pm-1:50pm	No Group	Susannah
4:00pm-4:50pm	Co-Occurring Diagnoses https://eptha.zoom.us/meeting/register/tZwucOGurz0rGNXvIMYI5EscbuvmN0HTNHKb	Mellisa
WED Oct 19		
10:00am-10:50am	IN PERSON GROUP Boundaries	Nevin
11:00pm-11:50pm	Emotional Regulation https://eptha.zoom.us/meeting/register/tZYqd-utrTMrG9MgWAIUTeWaDvJQPj9UVDMW	Kerri
3:00pm-3:50pm	Open Process https://eptha.zoom.us/meeting/register/tZYoc-murTMtE9f5OYjtIHU_p4PIaFFqYKI	Samantha
4:00pm-4:50pm	H.A.L.T. https://eptha.zoom.us/meeting/register/tZUkduGtrzssHtYxfuLV529u92xIT1NY6Uzq	Samantha
THUR Oct 20		
8:00am-8:50am	My Morning and Day in Recovery https://eptha.zoom.us/meeting/register/tZYqfuyrqz4iH9ZwOf_ALY6SJI0YLBBPpZaB	Nevin
10:00am-10:50am	Balance https://eptha.zoom.us/meeting/register/tZUufu6hpzooH9fhRQhN4QxwbllYs8TiiZr	Nevin
11:00am-11:50am	Nutrition https://eptha.zoom.us/meeting/register/tZYrcu-uqzwwqE9lSaN_RtjBaFcalBriFo7sH	Kerri
1:00pm-1:50pm	IN PERSON GROUP S.M.A.R.T. Goals	Mellisa
FRI Oct 21		
10:00am-10:50am	Open Process https://eptha.zoom.us/meeting/register/tZ0pdu2hqD0sH9bOyVWqoqjELUPyDuFeRH7J	Nevin
10:00am-11:50am	Drum Making (LIMIT 6) Register by email: KZanoni@eptha.com	Kerri
12:00pm-12:50pm	IN PERSON GROUP Vision Boards	Samantha
1:00pm-1:50pm	No Group	Susannah
1:00pm-1:50pm	Moms in Recovery https://eptha.zoom.us/meeting/register/tZMsdeypqD8sH9UsWUAOQ7Olu6YMJa6pu1yR	Mellisa
2:00pm-2:50pm	Red and Green Flags https://eptha.zoom.us/meeting/register/tZEtce2hqjgsHtTrQozj2QZdVxNZrBh-ENE3	Samantha
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