

ZOOM GROUP SCHEDULE		
WEEK OF November 7-11		
Day/Time	TOPIC or Process	FACILITATOR
MON Nov 7		
10:00am-10:50am	Men in Recovery https://eptha.zoom.us/meeting/register/tZcsde-vqDIsH92qjS38ZaCJmNsF0w-APbq	Nevin
11:00am-11:50am	Depression and SUD https://eptha.zoom.us/meeting/register/tZ0sdu2uqDqjGNLa3cxTWyVyTyImn8jjw9ke	Samantha
1:00pm-1:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZ0ucu-upz4uGdZMZYGbbGqTzSbly5NVCG_5P	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZUqcOitrrjooGdE-5FSBIF_I45uJK44PSoVZ	Susannah
2:00pm-2:50pm	Exploring the 3 F's: Flight, Fight and Freeze https://eptha.zoom.us/meeting/register/tZYpfu2rpiMtHtWqQMqNQU725PqqVJyNjx04	Mellisa
TUE Nov 8		
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/meeting/register/tZEpcu-vrD0jHd0Ow19qKBB3Nnkbjd2ueRvD	Samantha
1:00pm-1:50pm	IN PERSON GROUP Playing in Recovery	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZYvf-igrDkqHdYmBq0vdyGpvaNfC6gPHY_u	Susannah
4:00pm-4:50pm	Coping with Cravings https://eptha.zoom.us/meeting/register/tZclfuqqz8qEtTWs6SOV11jVFboGBn0veMb	Mellisa
WED Nov 9		
10:00am-10:50am	IN PERSON GROUP Goal Setting	Nevin
11:00pm-11:50pm	Step 10 and Forgiveness https://eptha.zoom.us/meeting/register/tZMofuyhpjkrGdJFVWcRDiusKXugOhhoGAzU	Kerri
3:00pm-3:50pm	Journaling https://eptha.zoom.us/meeting/register/tZ0kf-murz4rHteCvI9IW-m76gl0ZeVykcx	Samantha
4:00pm-4:50pm	Core 1 https://eptha.zoom.us/meeting/register/tZwvduyprzssGNFRkTOOP5b2s8KyUFMbtfr	Samantha
THUR Nov 10		
8:00am-8:50am	Morning Rituals https://eptha.zoom.us/meeting/register/tZ0sdeCtqzMpEtXUDS8pqhbubmuCMSWqqWrW	Nevin
10:00am-10:50am	Nutrition https://eptha.zoom.us/meeting/register/tZEpcO-ugTstHdlzu3LJMMUcG80IIQE79AWY	Nevin
11:00pm-11:50pm	Hot Buttons https://eptha.zoom.us/meeting/register/tZYufumvqz0sHtEJ4hprWdwqivsPfyIIWB0b	Kerri
1:00pm-1:50pm	IN PERSON GROUP Open Process	Mellisa
FRI Nov 11		
10:00am-10:50am	CLOSED Warrior's Day	Nevin
10:00am-11:50am	CLOSED	Kerri
12:00pm-12:50pm	Warrior's Day	Samantha
1:00pm-1:50pm	CLOSED	Susannah
1:00pm-1:50pm	Warrior's Day	Mellisa
2:00pm-2:50pm	CLOSED	Samantha
Schedule posted at www.eptha.com		
All Zoom Groups require registration. Below are some instructions:		
<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 November 14-18		
Day/Time	TOPIC or Process	FACILITATOR
MON Nov 14		
10:00am-10:50am	Men in Recovery https://eptha.zoom.us/meeting/register/tZ0scO-tqjwuGtXd5umf2fXTmKWZdrRaW5I0	Nevin
11:00am-11:50am	Be a Warrior, Not a Worrier https://eptha.zoom.us/meeting/register/tZUqcuiorzgsHtF36p1F-82s51pX91m9mdmY	Samantha
1:00pm-1:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZwodOyuqD8rHdA_Tlon4SE5tPpcfzeaUMBs	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZUpdO-upz8jHtwzAZjaYvWgAmWFg83vWcu9	Susannah
2:00pm-2:50pm	Boundary Styles https://eptha.zoom.us/meeting/register/tZUsdOyqqjuGNOvPdkPzj7iYff690lxR90R	Mellisa
TUE Nov 15		
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/meeting/register/tZUucOCsrjoiGtGKppNGCy1EOS-rWADLpR3T	Samantha
1:00pm-1:50pm	IN PERSON GROUP Playing in Recovery	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZYocuqtrj4pH9PogqzR8jataJ2uoz4xWWkt	Susannah
4:00pm-4:50pm	Strengths – Spotting https://eptha.zoom.us/meeting/register/tZMrcemgqjltGrO58e1Zo5b2brenm4MRonkP	Mellisa
WED Nov 16		
10:00am-10:50am	IN PERSON GROUP Journaling	Nevin
11:00pm-11:50pm	Open Group “Just for Today” https://eptha.zoom.us/meeting/register/tZUpf-mvpz4rH9l-n3zPIM4JJ2NWC5m5r3J2	Kerri
3:00pm-3:50pm	Positive Affirmations https://eptha.zoom.us/meeting/register/tZEkf-iqrj8iHd0cLo8XZ5CROfapiZVLurGb	Samantha
4:00pm-4:50pm	Core 2 https://eptha.zoom.us/meeting/register/tZwof-iurjksGd3dBX1iRD_wvb96zWY2Q_C5	Samantha
THUR Nov 17		
8:00am-8:50am	Recovery and Coffee and your Day https://eptha.zoom.us/meeting/register/tZYtd-CpqTlrHdKdu-gllxO_0qEZGkR4S23j	Nevin
10:00am-10:50am	Road Blocks to Recovery https://eptha.zoom.us/meeting/register/tZ0tf-irrszrGNDmR51UO81ptHFJAx7hncWQ	Nevin
11:00am-11:50am	Step One https://eptha.zoom.us/meeting/register/tZYtCuCoqjluHdGPKw4FBj6bH-JEIlw8lj9F	Kerri
1:00pm-1:50pm	IN PERSON GROUP Gratitude Jar Art	Mellisa
FRI Nov 18		
10:00am-10:50am	Recovery Plans https://eptha.zoom.us/meeting/register/tZAufuCqajkrGNBD8lmJEiDA0Ex0bOXDz7dRH	Nevin
10:00am-11:50am	Drum Making (LIMIT 6) Register by email: KZanoni@eptha.com	Kerri
12:00pm-12:50pm	IN PERSON GROUP Native Crafts	Samantha
1:00pm-1:50pm	IN PERSON Orientation	Susannah
1:00pm-1:50pm	Moms in Recovery https://eptha.zoom.us/meeting/register/tZ0tcOuqqzwoHNBWSZydb1_xhgF96clXUu12	Mellisa
2:00pm-2:50pm	Relapse Prevention https://eptha.zoom.us/meeting/register/tZcud-qvrDirHNKXw-zURGBBgTVV33DUtB0q	Samantha
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