

ZOOM GROUP SCHEDULE		
WEEK OF December 5-9		
Day/Time	TOPIC or Process	FACILITATOR
MON Dec 5		
10:00am-10:50am	Men and Recovery https://eptha.zoom.us/meeting/register/tZYldeyuqjgrGtPugKPPUWpLfhamaZrGDSii	Nevin
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/meeting/register/tZAoc-6vrijpHNWTJJJeX5XlnkDLqmsjywBzP	Samantha
1:00pm-1:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZwvfuyhjpstHtzYRUTmZVXzOHIFxVidfmtk	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZ0ucuGtpjMtHdzYew-RcgemiFnYv6EAbb_d	Susannah
2:00pm-2:50pm	Feelings in Recovery https://eptha.zoom.us/j/83878643159?pwd=eWR6VEhwQXgzzeTV5SEpBS3NyYXBuUT09	Mellisa
TUE Dec 6		
11:00am-11:50am	Core 1&2 https://eptha.zoom.us/meeting/register/tZYtscyvyqz4rHdZ4ifOA1GE3v4gFrRknXEly	Samantha
1:00pm-1:50pm	IN PERSON GROUP	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZ0td-GrqD4tHNPBsE2FKJHdDSAPq9f49fo	Susannah
4:00pm-4:50pm	Holidays https://eptha.zoom.us/j/85653692769?pwd=WnlXTDM5TmUvWGtyVXhnZnpWcVB1dz09	Mellisa
WED Dec 7		
10:00am-10:50am	IN PERSON GROUP	Nevin
11:00pm-11:50pm	Emotional Regulation https://eptha.zoom.us/meeting/register/tZlvdOCuqjwrHtBKp8TB01-YP2StOHg78aYM	Kerri
1:00pm-1:50pm	IN PERSON GROUP Relapse Prevention	Mellisa
3:00pm-3:50pm	Time Management https://eptha.zoom.us/meeting/register/tZwkcucopjwvGNklpc_DVAldOv12_ikK8Ntr	Samantha
4:00pm-4:50pm	Refusal Skills https://eptha.zoom.us/meeting/register/tZYtdO-hqTMvG9JKUMoSi_hQkQR3Ux4NefuZ	Samantha
THU Dec 8		
8:00am-8:50am	Morning Reflections https://eptha.zoom.us/meeting/register/tZakdeysqzWjE9EmXUDdx6d4T9t0HSay1YS	Nevin
10:00am-10:50am	Social Media and Recovery https://eptha.zoom.us/meeting/register/tZAqcOmrqD0vHtCzegAnr-syGYTDMyinC_CL	Nevin
11:00pm-11:50pm	Stages of Relapse https://eptha.zoom.us/meeting/register/tZMpceyurDgpGNY7hQ1hn6p-080Fv6fEN1LX	Kerri
1:00pm-1:50pm	IN PERSON GROUP Journaling	Mellisa
FRI Dec 9		
10:00am-10:50am	Food and Mood https://eptha.zoom.us/meeting/register/tZYudu6tqjgrEt2o6FcEekTaK-Blc7yuv-73	Nevin
10:00am-11:50am	Drum Making (LIMIT 6) Register by email: KZanoni@eptha.com	Kerri
12:00pm-12:50pm	No Group	Samantha
1:00pm-1:50pm	IN PERSON Orientation	Susannah
1:00pm-1:50pm	MOMs in Recovery https://eptha.zoom.us/meeting/register/tZAqdeCurT4jGN0Pu7ETIAbCBwC6chrjhBQ5	Mellisa
2:00pm-2:50pm	No Group	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 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 December 12-16		
Day/Time	TOPIC or Process	FACILITATOR
MON Dec 12		
10:00am-10:50am	Men, the Holiday, and Recovery https://eptha.zoom.us/meeting/register/tZMtdChpj4vE93V98xVC5G0C6zfMNSGtC2u	Nevin
11:00am-11:50am	No Group	Samantha
1:00pm-1:50pm	Red Road Step Study https://eptha.zoom.us/meeting/register/tZcru2qrj4tE9Uu713l6eWnGi1XnDal7ri0	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZEKde6ogDouH9Nti5_xHEbNQDMbsnOxqryX	Susannah
2:00pm-2:50pm	Fun in Recovery https://eptha.zoom.us/meeting/register/tZAtf-utrTorGtWrijENriUuR3tzBUbEyD1YA	Mellisa
TUE Dec 13		
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/meeting/register/tZEtduGupjMoGtC57TBsJWeOlhFGw-XIQJZW	Samantha
1:00pm-1:50pm	IN PERSON GROUP Native Crafting in Recovery	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/meeting/register/tZwudO2grDkqG9H3Leyu4Ny2pcMx0SRAtQiv	Susannah
4:00pm-4:50pm	Boredom https://eptha.zoom.us/meeting/register/tZAtf-utrTorGtWrijENriUuR3tzBUbEyD1YA	Mellisa
WED Dec 14		
10:00am-10:50am	IN PERSON GROUP Recovery Plans in Action	Nevin
11:00pm-11:50pm	Open Group "Just for Today" https://eptha.zoom.us/meeting/register/tZMrdOqpqzwrE9Kx1VWfGa3Df_0SiBoXG9vt	Kerri
1:00pm-1:50pm	IN PERSON GROUP PAWS (Post-Acute Withdrawal Symptoms)	Mellisa
3:00pm-3:50pm	Coping with Depression https://eptha.zoom.us/meeting/register/tZUkce6rrDkrG9LUwv0oIdpRM2IDplqEpifg	Samantha
4:00pm-4:50pm	Coping with Anxiety https://eptha.zoom.us/meeting/register/tZUtcumogTlqH9yoQmdH_mChqU7NIBMgl7-T	Samantha
THUR Dec 15		
8:00am-8:50am	Coffee and Reflections https://eptha.zoom.us/meeting/register/tZAqdOCvpsjqHNzBr6IP0gBLsfEu6-D9z608	Nevin
10:00am-10:50am	Managing Emotions https://eptha.zoom.us/meeting/register/tZUldOyhrDluHdWbl75yxb9FNblu772yln2H	Nevin
11:00am-11:50am	Meditation Cards https://eptha.zoom.us/meeting/register/tZApf-GhqD0qGNKS8dDrC6O2F5F_dnGt3nsx	Kerri
1:00pm-1:50pm	IN PERSON GROUP PTSD & Trauma	Mellisa
FRI Dec 16		
10:00am-10:50am	Humor and Recovery https://eptha.zoom.us/meeting/register/tZlvf-qqqjlrE9d2OgvuTSScNW_SXj2F5h5r	Nevin
10:00am-11:50am	Drum Making (LIMIT 6) Register by email: KZanoni@eptha.com	Kerri
12:00pm-12:50pm	IN PERSON GROUP Alcohol Jeopardy	Samantha
1:00pm-1:50pm	IN PERSON Orientation	Susannah
1:00pm-1:50pm	MOMs in Recovery https://eptha.zoom.us/meeting/register/tZUpduyprzlpGtWqwcxEOGtQ2V7GMiwgW2gq	Mellisa
2:00pm-2:50pm	Medicine Wheel https://eptha.zoom.us/meeting/register/tZcsceqvpjwoE91s8TtUF7pLv0GOYSS6-PAf	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 	