

**GROUP SCHEDULE**

WEEK OF 12/16/24 TO 12/20/24

Topic or Process	ALL GROUPS ARE 1 HOUR UNLESS NOTED OTHERWISE.	Staff
	Monday 12/16/24	
4:00- 5:30 pm	VIRTUAL GROUP (1.5 hours) TOPIC: Red Road <a href="https://eptha.zoom.us/meeting/register/tZUkcO6hqDloHNM_bZT2ZuhQcwqg84E9ZarU">https://eptha.zoom.us/meeting/register/tZUkcO6hqDloHNM_bZT2ZuhQcwqg84E9ZarU</a>	Mellisa
	Tuesday 12/17/24	
2:00-4:30PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living In Balance	Mellisa
4:00-5:00PM	VIRTUAL GROUP TOPIC: Sober Support	Nevin
	Wednesday 12/18/24	
2:00-4:30PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living In Balance	Mellisa
5:00-6:00PM	VIRTUAL GROUP TOPIC: Grief and Loss <a href="https://eptha.zoom.us/meeting/register/tZMtcuGqqjMqGdd6j916fLGx5qgWGW6bDBG-">https://eptha.zoom.us/meeting/register/tZMtcuGqqjMqGdd6j916fLGx5qgWGW6bDBG-</a>	Nevin
	Thursday 12/19/24	
2:00-4:30PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living In Balance	Mellisa
5:00-6:00PM	VIRTUAL GROUP Topic: Holiday Stress Reduction <a href="https://eptha.zoom.us/meeting/register/tZMscu2hqj0sHtJEilp5yLTE9tVYibTPjwrU">https://eptha.zoom.us/meeting/register/tZMscu2hqj0sHtJEilp5yLTE9tVYibTPjwrU</a>	Nevin
	Friday 12/20/24	
11:00-12:00PM	IN PERSON GROUP TOPIC: Depression / Mood Management	Nevin
4:00-5:30PM	IN PERSON GROUP (1.5 hours) TOPIC: Anxiety reduction	Nevin