

## GROUP SCHEDULE

WEEK OF 12/23/24 TO 12/27/24

Topic or Process	ALL GROUPS ARE 1 HOUR UNLESS NOTED OTHERWISE.	Staff
<b>Monday 12/23/24</b>		
9:00-10:00 AM	IN PERSON GROUP TOPIC: How to Recognize and Cultivate Healthy Relationships	Kristal & Dave
10:00-11:00 AM	IN PERSON GROUP TOPIC: Relapse Process & Prevention	Kristal & Dave
4:00-5:30 PM	IN PERSON GROUP (1.5 hours) TOPIC: Red Road	Mellisa
<b>Tuesday 12/24/24</b>		
9:00-10:00AM	IN PERSON GROUP TOPIC: Sleep	Kristal & Dave
10:00-11:00AM	VIRTUAL GROUP TOPIC: Holiday Stress Reduction  <a href="https://eptha.zoom.us/meeting/register/tZ0qf-ivrTkqE9B5jWNq2p1ne25VycBpsN5r">https://eptha.zoom.us/meeting/register/tZ0qf-ivrTkqE9B5jWNq2p1ne25VycBpsN5r</a>	Nevin
<b>Wednesday 12/25/24</b>		
	PTHA CLOSED FOR MEDICINE CREEK TREATY DAYS HOLIDAY (AKA X-MAS) – NO GROUP	
<b>Thursday 12/26/24</b>		
	PTHA CLOSED FOR MEDICINE CREEK TREATY DAYS HOLIDAY (AKA X-MAS) – NO GROUP	
<b>Friday 12/27/24</b>		
	PTHA CLOSED FOR MEDICINE CREEK TREATY DAYS HOLIDAY (AKA X-MAS) – NO GROUP	