

GROUP SCHEDULE

WEEK OF 1/13/25 TO 1/17/25

Topic or Process	ALL GROUPS ARE 1 HOUR UNLESS NOTED OTHERWISE.	Staff
Monday 1/13/25		
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: Red Road for IOP	Mellisa
Tuesday 1/14/25		
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Heather
4:00-5:00PM	VIRTUAL GROUP TOPIC: Time Management https://eptha.zoom.us/meeting/register/ky4bW5TtR4qjifRC5kboww	Nevin
Wednesday 1/15/25		
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Heather
4:00-5:30PM	IN PERSON GROUP (1.5 hours) TOPIC: Youth Group MUST BE APPROVED BY MELLISA TO ATTEND	Mellisa
5:00-6:00PM	VIRTUAL GROUP TOPIC: SMART Goals https://eptha.zoom.us/meeting/register/0hCRYqNbSLW0a_lgLZtulg	Nevin
Thursday 1/16/25		
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Mellisa
5:00-6:00PM	VIRTUAL GROUP Topic: Practicing Gratitude https://eptha.zoom.us/meeting/register/piZJNPojQiuiu2IA_jy6Jw	Nevin
Friday 1/17/25		
10:00-1:00AM	VIRTUAL GROUP TOPIC: Self Esteem Then and Now https://eptha.zoom.us/meeting/register/0SjxOLY-RNyMiPfAlMvqXw	Nevin
1:00-2:00PM	IN PERSON GROUP TOPIC: Native Crafting	Jeannette & Melissa
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Mellisa
4:00-5:30PM	VIRTUAL GROUP (1.5 hours) TOPIC: Relapse Prevention https://eptha.zoom.us/meeting/register/lf_ZgCpTneELdWwCKsippg	Nevin