

GROUP SCHEDULE

WEEK OF 1/20/25 TO 1/24/25

Topic or Process	ALL GROUPS ARE 1 HOUR UNLESS NOTED OTHERWISE.	Staff
	Monday 1/20/25	
	PTHA CLOSED FOR MARTIN LUTHER KING JR. DAY HOLIDAY – NO GROUPS	
	Tuesday 1/21/25	
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Heather
	Wednesday 1/22/25	
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: Sober Support Review and Building https://eptha.zoom.us/meeting/register/B6CbjQLpQXKMx2_Qasg2Nw	Nevin
	Thursday 1/23/25	
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Mellisa
5:00-6:00PM	VIRTUAL GROUP TOPIC: Mindfulness https://eptha.zoom.us/meeting/register/R7O4rpEiSnm27lhOd0nTHw	Nevin
	Friday 1/24/25	
10:00-11:00AM	VIRTUAL GROUP TOPIC: Journaling https://eptha.zoom.us/meeting/register/WpybQDJaQU-DkeAANAQjxA	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: Healthy Eating https://eptha.zoom.us/meeting/register/kMhtaiF7SqWqWZ1XdUgXGQ	Nevin