

PTTC GROUP SCHEDULE

We value everyone's time—please be on time for group sessions. Late arrivals require prior approval from a counselor.

WEEK OF 02/9/26-02/13/26

Topic or Process	VIRTUAL GROUP SIGN-UP MUST BE DONE 1 HOUR BEFORE THE GROUP STARTS.	Staff
	Monday 02/09/26	
9:00AM-11:30AM	IN PERSON GROUP (2.5 HOURS) TOPIC: IOP Living in Balance	Carlos
4:00PM-6:30PM	IN PERSON GROUP (2.5 HOURS) TOPIC: IOP Living in Balance	Tanya
	Tuesday 02/10/26	
9:00AM-11:30AM	IN PERSON GROUP (2.5 Hours) Topic: IOP Living in Balance	Carlos
3:00PM-4:30PM	IN PERSON GROUP (1.5 Hours) Topic: OP Women's Talking circle	Jasmine
4:00PM-6:30PM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in Balance	Tanya
	Wednesday 02/11/26	
3:00PM-4:30PM	IN PERSON GROUP (1.5 Hours) TOPIC: OP Hazelden Relapse Prevention	Jasmine
5:00PM-6:30PM	VIRTUAL ONLY GROUP (1.5 Hours) TOPIC: OP Mindset Recovery support https://eptha.zoom.us/meeting/register/ZrtcbQbbRLa4tPqEAX6P4Q	Jodi
	Thursday 02/12/26	
9:00AM-11:30AM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in Balance	Carlos
4:00PM-6:30PM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living In Balance	Tanya
	Friday 02/13/26	
10:00AM-11:30AM	IN PERSON GROUP (1.5 Hours) TOPIC: OP Hazelden Relapse Prevention	Carlos
2:00PM-3:30PM	IN PERSON GROUP (1 Hour) TOPIC: OP Native Crafting	Jasmine