

## 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 02/16/26-02/20/26**

Topic or Process	<b>VIRTUAL GROUP SIGN-UP MUST BE DONE 1 HOUR BEFORE THE GROUP STARTS.</b>	Staff
	Monday 02/16/26 CLOSED WARRIORS DAY	
	Tuesday 02/17/26	
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 Group	Jasmine
4:00PM-6:30PM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in Balance	Tonya
	Wednesday 02/18/26	
3:00pm-4:30pm	IN PERSON GROUP (1.5 Hours) TOPIC: OP Living in balance	Jasmine
5:00PM-6:30PM	VIRTUAL GROUP (1.5 Hours) TOPIC: Mindset Recovery Support <a href="https://eptha.zoom.us/meeting/register/ZrtcbQbbRLa4tPqEAX6P4Q">https://eptha.zoom.us/meeting/register/ZrtcbQbbRLa4tPqEAX6P4Q</a>	Jodi
	Thursday 02/19/26	
9:00am-11:30am	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in balance	Carlos
3:30-5:00pm	IN PERSON YOUTH GROUP (AGES 14-17) TOPIC: OP Creating Balance utilizing the Medicine Wheel	Rodney
4:00pm-6:30PM	IN PERSON Group (2.5 Hours) TOPIC: IOP Living in balance	Tanya
	Friday 02/20/26	
10:00AM-11:30PM	IN PERSON GROUP (1.5 Hours) TOPIC: OP Hazelden Relapse Prevention	Carlos
2:00pm-3:30pm	IN PERSON GROUP (1.5 Hours) TOPIC: OP Native Crafting	Jasmine