Topic or Process	ALL GROUPS ARE 1 HOUR UNLESS NOTED OTHERWISE. VIRTUAL GROUP SIGN-UP MUST BE DONE 1 HOUR BEFORE THE GROUP STARTS.	Staff
	GROUP SCHEDULE WEEK OF 08/11/2025–08/15/2025	
	Monday 08/11/2025	
2:30pm-5:00pm	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Jasmine
	Tuesday 08/12/2025	
2:30pm-5:00pm	IN PERSON GROUP (2.5 HOURS) Topic: IOP Living in Balance	Carlos
	Wednesday 08/13/2025	
	IN PERSON MEETING TOPIC: WELLBRIETY – Red Road Support CANCELLED (TBD)	Cancelled
2:30pm-5:00pm	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in balance	Carlos
5:00pm-6:00pm	VIRTUAL GROUP TOPIC: The Red Road https://eptha.zoom.us/meeting/register/IwnuCI7-Tsq6KJjMtzJSHA	Nevin
	Thursday 08/14/2025	
2:30pm-5:00pm	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in balance	Jasmine
5:00pm-6:00pm	VIRTUAL GROUP TOPIC: Building Resilience https://eptha.zoom.us/meeting/register/yf7pTu_SSZeglShca2feiA	Nevin
	Friday 08/15/2025	
4:00pm-6:00pm	CANCELLED (TBD)	Nevin