

GROUP SCHEDULE		
WEEK OF 10/27/25-10/31/25		
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
	Monday 10/27/25	
9:00AM-11:30AM	IN PERSON GROUP (2.5 HOURS) Topic: IOP Living in Balance	CARLOS
2:00PM-4:30PM	IN PERSON GROUP (2.5 HOURS) Topic: IOP Living in Balance	JASMINE
	Tuesday 10/28/2025	
9:00am-11:30am	IN PERSON GROUP (2.5 Hours) Topic: IOP Living in Balance	Carlos
1:00pm-2:30pm	IN PERSON GROUP (1.5 Hours) Topic: OP Men's Talking Circle	Nevin
2:00pm-4:30pm	IN PERSON GROUP (2.5 Hours) Topic: IOP Living in Balance	Jasmine
	Wednesday 10/29/25	
3:00pm-4:30pm	IN PERSON GROUP (1.5 Hours) TOPIC: OP Living in balance	Jasmine
5:00pm-6:00pm	VIRTUAL GROUP (1HR) TOPIC: OP Relapse Prevention https://eptha.zoom.us/meeting/register/zKWD1Al2Toqr7kxW468d5Q	Nevin
	Thursday 10/30/25	
9:00am-11:30am	IN PERSON GROUP (2.5 Hours) Topic: IOP Living in Balance	Carlos
2:00pm-4:30pm	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in balance	Jasmine
5:00pm-6:00pm	VIRTUAL GROUP TOPIC: OP Mindfulness https://eptha.zoom.us/meeting/register/3pah4F7-SxGF0tO_AV-EQQ	Nevin
	Friday 10/31/2025	
10:00am-11:30am	IN PERSON GROUP (1.5 Hours) Topic: OP Relapse Prevention	Carlos