

## GROUP SCHEDULE

WEEK OF 12/29/25-01/2/25

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 12/29/25	
9:00am-11:30am	IN PERSON GROUP (2.5 HOURS) TOPIC: IOP Living in Balance	Carlos
4:00pm-6:30pm	IN PERSON/HYBRID GROUP (2.5 HOURS) TOPIC: IOP Living in Balance <a href="https://eptha.zoom.us/meeting/register/wGqdrxLGRvKy-XZhzsLvPQ">https://eptha.zoom.us/meeting/register/wGqdrxLGRvKy-XZhzsLvPQ</a>	Tanya
	Tuesday 12/30/25	
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	Rodney
3:00pm-4:30pm	IN PERSON GROUP (1.5 Hours) Topic: OP Women's Talking circle	Jasmine
4:00pm-6:30pm	IN PERSON/HYBRID GROUP (2.5 Hours) TOPIC: OP Living in Balance <a href="https://eptha.zoom.us/meeting/register/wGqdrxLGRvKy-XZhzsLvPQ">https://eptha.zoom.us/meeting/register/wGqdrxLGRvKy-XZhzsLvPQ</a>	Tanya
	Wednesday 12/31/25	
	New Years closure	
	Thursday 01/01/25	
	New Years Closure	
	Friday 01/02/25	
	New Years Closure	