

| GROUP SCHEDULE            |  |         |
|---------------------------|--|---------|
| WEEK OF 09/15/25-09/19/25 |  |         |
| Topic or Process          | ALL GROUPS ARE 1 HOUR UNLESS NOTED OTHERWISE.<br>VIRTUAL GROUP SIGN-UP MUST BE DONE 1 HOUR BEFORE THE GROUP STARTS.                                  | Staff   |
|                           | Monday<br>09/15/2025   |         |
| 9:00AM-11:30AM            | IN PERSON GROUP (2.5 HOURS)<br>Topic: IOP Living in Balance  | CARLOS  |
| 2:00PM-4:30PM             | IN PERSON GROUP (2.5 HOURS)<br>Topic: IOP Living in Balance  | JASMINE |
|                           | Tuesday<br>09/16/2025  |         |
| 9:00am-11:30am            | IN PERSON GROUP (2.5 Hours)<br>Topic: IOP Living in Balance  | Carlos  |
| 1:00pm-2:30pm             | IN PERSON GROUP (1.5 Hours)<br>Topic: OP Men's Talking Circle  | Nevin   |
| 2:00pm-4:30pm             | IN PERSON GROUP (2.5 Hours)<br>Topic: IOP Living in Balance  | Jasmine |
|                           | Wednesday<br>09/17/2025 (Closed at noon 12:00pm)<br>Puyallup Family Day  |         |
|                           | Thursday<br>09/18/2025   |         |
| 9:00am-11:30am            | IN PERSON GROUP (2.5 Hours)<br>Topic: IOP Living in Balance  | Carlos  |
| 2:00pm-4:30pm             | IN PERSON GROUP (2.5 Hours)<br>TOPIC: IOP Living in balance  | Jasmine |
| 5:00pm-6:00pm             | VIRTUAL GROUP<br>TOPIC: OP Grief and loss in native culture<br><a href="https://eptha.zoom.us/j/84567890123">https://eptha.zoom.us/j/84567890123</a> | Nevin   |
|                           | Friday<br>09/19/2025   |         |
| 10:00am-11:30am           | IN PERSON GROUP (1.5 Hours)<br>Topic: OP Relapse Prevention  | Carlos  |