

GROUP SCHEDULE		
WEEK OF 09/29/2025-10-03-25		
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 09/29/25	
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 09/30/25	
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	Nevin
2:00pm-4:30pm	IN PERSON GROUP (2.5 HOURS) Topic: IOP Living in Balance	Jasmine
	Wednesday 10/01/25	
3:00pm-4:30pm	IN PERSON GROUP (1.5 Hours) TOPIC: OP Living in balance	Jasmine
5:00pm-6:00pm	VIRTUAL GROUP TOPIC: OP Sleep how and why https://eptha.zoom.us/meeting/register/QLGr_bxiQayTbFOD3GskOw	Nevin
	Thursday 10/02/25	
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 Boundaries Family and Friends https://eptha.zoom.us/meeting/register/jHJVyt_Qq6InIa3_v55dA	Nevin
	Friday 10/03/25	
10:00am-11:30am	In Person Group (1.5 Hours) TOPIC: OP Relapse Prevention	Carlos