

GROUP SCHEDULE

WEEK OF 07/07/25 –07/11/2025

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 07/07/25	
2:30pm-5:00pm	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Mellisa
	Tuesday 07/08/25	
2:30pm-5:00pm	IN PERSON GROUP (2.5 HOURS) Topic: IOP Living in Balance	Carlos
	Wednesday 07/09/25	
	IN PERSON MEETING TOPIC: WELLBRIETY – Red Road Support CANCELLED (TBD)	
2:30pm-5:00pm	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in balance	Carlos
5:00pm-6:00pm	VIRTUAL GROUP TOPIC: Physical Wellness https://eptha.zoom.us/meeting/register/_o8zdQ1tRqmxNDWvYqOHLA	Nevin
	Thursday 07/10/25	
2:30pm-5:00pm	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in balance	Mellisa
5:00pm-6:00pm	VIRTUAL GROUP TOPIC: Social Relationship https://eptha.zoom.us/meeting/register/h5pls-ZiSBW8sz6R9kSlhQ	Nevin
	Friday 07/11/2025	
4:00pm-6:00pm	IN PERSON GROUP (2 Hours) TOPIC: You and your family	Nevin