

GROUP SCHEDULE

WEEK OF 6/09/25 –6/13/25

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 06/09/25	
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Mellissa
	Tuesday 6/10/25	
1:00-2:30PM	IN PERSON GROUP (1.5 HOURS) TOPIC: Healing through Traditional Crafting	Mellisa
2:30-5:00pm	IN PERSON GROUP (2.5 HOURS) Topic: IOP Living in Balance	Heather
	Wednesday 6/11/25	
	IN PERSON MEETING TOPIC: Wellbriety – Red Road Support CANCELLED (TBD)	
2:30-5:00pm	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in balance	Heather
5:00-6:00PM	VIRTUAL GROUP TOPIC: Grief and loss https://eptha.zoom.us/meeting/register/KXtPf2AqQdetNZcdKtQwWQ	Nevin
	Thursday 6/12/25	
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Mellisa
5:00-6:00PM	VIRTUAL GROUP TOPIC: Self Esteem now and then https://eptha.zoom.us/meeting/register/38uABcusRkSsAYhyn_n5jA	Nevin
	Friday HONORING OUR PAST LEADER’S CLOSED	