

GROUP SCHEDULE

WEEK OF April 21 – 25, 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 4/21/25	
2:30-5:00pm	IN PERSON GROUP (2.5Hours) TOPIC: IOP Living in Balance	Mellissa
	Tuesday 4/22/25	
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Heather
	Wednesday 4/23/25	
12:00-1:00pm	IN PERSON MEETING (1hr) TOPIC: Wellbriety – Red Road Support (*Does not count toward group hours)	Jeannette
2:30-5:00pm	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in balance	Heather
5:00-6:00PM	VIRTUAL GROUP TOPIC: Smart Goals https://eptha.zoom.us/meeting/register/uKd4NA2RQZajKIUNwLmzrQ	Nevin
	Thursday 4/24/25	
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Mellisa
5:00-6:00PM	VIRTUAL GROUP TOPIC: Family Recovery https://eptha.zoom.us/meeting/register/pzt9Seu3TISLMV8DZXxxAQ	Nevin
	Friday 4/25/25	
1:00-2:15PM	IN PERSON GROUP (75 MINS) TOPIC: Healing through Traditional Crafts	Mellisa & Jeannette
4:00-5:30PM	VIRTUAL GROUP (1.5 hours) TOPIC: Weekend Triggers and Refusal Skills https://eptha.zoom.us/meeting/register/H4yWUMewTQWfq6w-aYW5vg	Nevin