

GROUP SCHEDULE

WEEK OF April 28 – May 2, 2025

Topic or Process	ALL GROUPS ARE 1 HOUR UNLESS NOTED. VIRTUAL GROUP SIGN-UP MUST BE DONE 1 HOUR BEFORE THE GROUP STARTS.	Staff
	Monday 4/28/25	
2:30-5:00pm	IN PERSON GROUP (2.5Hours) TOPIC: IOP Living in Balance	Mellissa
	Tuesday 4/29/25	
1:00-2:30PM	IN PERSON GROUP (90 MINS) TOPIC: Healing through Traditional Crafts	Mellisa & Jeannette
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Heather
	Wednesday 4/30/25	
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: Anger Management https://eptha.zoom.us/meeting/register/yrlsmkOuTWq2EdV8Gdsfqg	Nevin
	Thursday 5/1/25	
2:30-5:00PM	IN PERSON GROUP (2.5 hours) TOPIC: IOP Living in Balance	Mellisa
5:00-6:00PM	VIRTUAL GROUP TOPIC: Problem solving https://eptha.zoom.us/meeting/register/q04WMWUtQyihILTIYhV6qA	Nevin
	Friday 5/2/25	
4:00-5:30PM	INPERSON GROUP (1.5 hours) TOPIC: Smart Goals	Nevin