

## PTTC GROUP SCHEDULE

**We value everyone's time—please be on time for group sessions. Late arrivals require prior approval from a counselor.**

WEEK OF 03/9/26-3/13/26

Topic or Process	<b>VIRTUAL GROUP SIGN-UP MUST BE DONE 1 HOUR BEFORE THE GROUP STARTS.</b>	Staff
	Monday 03/09/26	
9:00AM-11:30AM	IN PERSON GROUP (2.5 HOURS) TOPIC: IOP Living in Balance	Carlos
4:00PM-6:30PM	IN PERSON GROUP (2.5 HOURS) TOPIC: IOP Living in Balance	Tanya
	Tuesday 03/10/26	
9:00AM-11:30AM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in Balance	Carlos
3:00PM-4:30PM	IN PERSON GROUP (1.5 Hours) TOPIC: OP Women's Group	Jasmine
4:00PM-6:30PM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in Balance	Tanya
5:00pm-6:30pm	VIRTUAL GROUP(1.5Hours) TOPIC: Mindset /Relapse Prevention <a href="https://eptha.zoom.us/meeting/register/ZrtcqbbRLa4tPqEAX6P4Q">https://eptha.zoom.us/meeting/register/ZrtcqbbRLa4tPqEAX6P4Q</a>	Jodi
	Wednesday 03/11/26	
3:00PM-4:30PM	IN PERSON GROUP (1.5 Hours) TOPIC: OP Hazelden Relapse Prevention	Jasmine
5:00PM-6:30PM	VIRTUAL ONLY GROUP (1.5 Hours) TOPIC: Mindset Recovery Support <a href="https://eptha.zoom.us/meeting/register/ZrtcqbbRLa4tPqEAX6P4Q">https://eptha.zoom.us/meeting/register/ZrtcqbbRLa4tPqEAX6P4Q</a>	Jodi
	Thursday 03/12/26	
9:00AM-11:30AM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in balance	Carlos
3:30pm-5:00pm	IN PERSON YOUTH GROUP (Ages 14-17) TOPIC: OP Creating Balance utilizing The Medicine Wheel	Rodney
4:00PM-6:30PM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in Balance	Tanya
	Friday 03/13/26	
10:00AM-11:30AM	In Person Group (1.5 Hours) TOPIC: OP Hazelden Relapse Prevention	Carlos
2:00PM-3:00PM	IN Person Group (1 Hour) TOPIC: OP Native Crafting	Jasmine