

GROUP SCHEDULE

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

03/30/26-03/31/26

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 03/30/26	
9:00AM-11:30AM	IN PERSON GROUP (2.5) TOPIC: IOP Living in Balance	Carlos
4:00PM-6:30PM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in Balance	Tanya
	Tuesday 3/31/26	
9:00am-11:30am	IN PERSON GROUP (2.5) TOPIC: IOP Living in Balance	Carlos
3:00pm-4:30pm	IN PERSON GROUP (1.5 Hours) TOPIC: Women Talking Circle	Jasmine
4:00pm-6:30pm	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in Balance	Tanya
5:00pm-6:30pm	VIRTUAL GROUP (1.5 Hours) TOPIC: Mindset/Relapse Prevention IN PERSON GROUP (2.5 Hours) https://eptha.zoom.us/meeting/register/ZrtcqbbRLa4tPqEAX6P4Q	Jodi