

GROUP SCHEDULE		
WEEK OF 11/17/25-11/21/25		
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 11/17/25	
9:00am-11:30am	IN PERSON GROUP (2.5 HOURS) TOPIC: IOP Living in Balance	Carlos
2:00pm-4:30pm	IN PERSON GROUP (2.5 HOURS) TOPIC: IOP Living in Balance	Jasmine
	Tuesday 11/18/25	
9:00am-11:30am	IN PERSON GROUP (2.5 Hours) Topic: IOP Living in Balance	Carlos
1:00pm-2:30pm	IN PERSON GROUP (1.5 Hours) Topic: OP Men's Talking Circle	Nevin
2:00pm-4:30pm	IN PERSON GROUP (2.5 Hours) Topic: IOP Living in Balance	Jasmine
	Wednesday 11/19/25	
3:00pm-4:30pm	IN PERSON GROUP (1.5 Hours) TOPIC: OP Living in balance	Jasmine
5:00pm-6:00pm	VIRTUAL GROUP (1HR) TOPIC: OP Sleep in Recovery https://eptha.zoom.us/meeting/register/PYgXAevrQqqzo2HvmBa-sA	Nevin
	Thursday 11/20/25	
9:00am-11:30am	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in balance	Carlos
2:00pm-4:30pm	IN PERSON GROUP (2.5 Hours) Topic: IOP Living in Balance	Jasmine
5:00pm-6:00pm	VIRTUAL GROUP (1HR) TOPIC: OP Communication skills https://eptha.zoom.us/meeting/register/oh06vBomThiq46MjSgsopQ	Nevin
	Friday 11/21/25	
10:00am-11:30am	In Person Group (1.5 Hours) TOPIC: OP Relapse Prevention	Carlos