

ZOOM GROUP SCHEDULE		
WEEK OF June 5-9		
Day/Time	TOPIC or Process	FACILITATOR
MON June 5		
10:00am-10:50am	Men in Recovery https://eptha.zoom.us/join/9tZMLdeGgqjsvEtK6eAvKr6I-oxZUccf3idxX	Nevin
11:00am-11:50am	Family Roles https://eptha.zoom.us/join/9tZAofuGpqsjsE9aOc_z073QBnamaOaFugo-P	Samantha
1:00pm-1:50pm	Red Road Step Study https://eptha.zoom.us/join/9tZEqc-qrqz0iHdG1gAMTodBnjboikvHaLejK	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/join/9tZlucO-urzMrGNPz41T1Z_7hNnBoLCyTpr7p	Susannah
2:00pm-2:50pm	Recovery Process https://eptha.zoom.us/join/9tZ0pcuuvrjqGdOz_WeAvcM-VB-9VYL_389h	Mellisa
5:00pm-5:50pm	Stress Management https://eptha.zoom.us/join/9tZlPdOCtqj4uGtE2Wc4rz74q0MyJIGNS9zY6	Bradley
TUE June 6		
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/join/9tZUudOmpqzoGNzn5bRuDeDrD2P5USOfBjem	Samantha
12:00pm-12:50pm	IN PERSON GROUP Native Crafting	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/join/9tZMrc-6vqiorH93z929b8mCITSPSXwJ7QE9C	Susannah
2:00pm-2:50pm	IN PERSON GROUP Casino Conversations	Kerri
3:00pm-3:50pm	Managing Cravings https://eptha.zoom.us/join/9tZlrcOmhrTwpG9RKPIkGm-h-naa-sMOs9-c	Samantha
4:00pm-4:50pm	What's Working https://eptha.zoom.us/join/9tZclc-irqDwuErfE1BLWjxwI9K7M83utZYpsq	Mellisa
WED June 7		
10:00am-10:50am	IN PERSON GROUP Sleep Hygiene	Nevin
11:00pm-11:50pm	The Sacred Tree https://eptha.zoom.us/join/9tZlqc-Gqj0tH9VpU9uOJUNNHvTOYVfxUIGs	Kerri
1:00pm-1:50pm	IN PERSON GROUP Native Meditation	Mellisa
3:00pm-4:50pm	IN PERSON GROUP Historical Trauma & Healing	Samantha & Kerri
THUR June 8		
8:00am-8:50am	Morning Reflections https://eptha.zoom.us/join/9tZlvcu-urjwjG9L-UO7eYa1PaYJAjJfkSJ_	Nevin
9:00am-9:50am	IN PERSON GROUP Walking through Recovery *Wear comfortable shoes & dress for weather	Bradley
10:00am-10:50am	Healthy Eating in Recovery https://eptha.zoom.us/join/9tZArcu2oqTsvHtXyjspcLZ85rKJsx5W-xqea	Nevin
11:00pm-11:50pm	Emotional Regulation https://eptha.zoom.us/join/9tZYpcu6tpzluE9NSjy0_h7q41kI9Zvde4f5	Kerri
4:00pm-4:50pm	ADOLESCENT ONLY IN PERSON GROUP Canoe Journey	Mellisa
FRI June 9		
10:00am-10:50am	Weekend Trigger Prep https://eptha.zoom.us/join/9tZckcO6sqDMtHNXiilr7-WJTBFrX_PiAj5kZ	Nevin
12:00pm-12:50pm	IN PERSON GROUP Recovery Games	Samantha
1:00pm-1:50pm	Orientation https://eptha.zoom.us/join/9tZluc-uoqz8qH923ZyknEbqlc8CGI9S-D3dP	Susannah
1:00pm-1:50pm	Moms Group https://eptha.zoom.us/join/9tZUpcuqtrzoIGdw9bgWEBR50qTEbzpPY_L3b	Mellisa
2:00pm-2:50pm	Building Sober Support https://eptha.zoom.us/join/9tZwvf-CrqD4oHdZ3sG2tBvNsZn0UuflJQg88	Samantha
Schedule posted at www.eptha.com		
All Zoom Groups require registration. Below are some instructions:		
<ol style="list-style-type: none"> Select the group you want to register for by clicking the hyperlink next to counselor name Hyperlink will take you to Zoom registration page Complete registration for group with password: puyallup You will need valid email for registration Once approved you will be receiving email with link for group At time of group open email and click link for group and begin 		

ZOOM GROUP SCHEDULE WEEK OF June 12-16		
Day/Time	TOPIC or Process	FACILITATOR
MON June 12		
10:00am-10:50am	Men in Recovery https://eptha.zoom.us/join/9tZwvceupjMvEt1Zt6odKPO3Gd1OV9ar-bqU	Nevin
11:00am-11:50am	Core 1 https://eptha.zoom.us/join/9tZUqcemopjIqHdz1L2bn_epx3kM3aMN3YiB	Samantha
1:00pm-1:50pm	Red Road Step Study https://eptha.zoom.us/join/9tZYscu2rjopjE9TtyTOejBswvHMko-IYatDT	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/join/9tZUrdeCrdDwiE9EHi_VdYHVzrbntloSi5fe8	Susannah
2:00pm-2:50pm	Balancing the Medicine Wheel https://eptha.zoom.us/join/9tZcsfuitrzkG9zqy0Fs-MPN64bdU2pVntyO	Mellisa
5:00pm-5:30pm	Stress Management https://eptha.zoom.us/join/9tZlqduGoqD8jEt0iwP3OF_ul-nSDqfv7Khbn	Bradley
TUE June 13		
11:00am-11:50am	Women's Recovery https://eptha.zoom.us/join/9tZMpd-ihjqoqEtPjInGT0qYuld8vxGK_xOYLD	Samantha
12:00pm-12:50pm	IN PERSON GROUP Native Crafting	Kerri
1:00pm-1:50pm	Orientation https://eptha.zoom.us/join/9tZltdu-urT4pEtbArYsCwSMUhr8VOPK_V3X0	Susannah
2:00pm-2:50pm	IN PERSON GROUP Casino Conversations	Kerri
3:00pm-3:50pm	Values in Recovery https://eptha.zoom.us/join/9tZlodeiqrzlqE9ePlogLIGq3F8A1jBHA1u4O	Samantha
4:00pm-4:50pm	Acceptance https://eptha.zoom.us/join/9tZUqcO-oqD8uHN34GdOITVOqglnhC97fTiK9	Mellisa
WED June 14		
10:00am-10:50am	IN PERSON GROUP Anxiety, What is it?	Nevin
11:00pm-11:50pm	Open Group "Just For Today" https://eptha.zoom.us/join/9tZUrfuquqj0vH9M_81ZP_c40pLuJUJEaPoPl	Kerri
1:00pm-1:50pm	IN PERSON GROUP Native Meditation	Mellisa
4:00pm-4:50pm	Relaxation Techniques https://eptha.zoom.us/join/9tZIsfumqpiwoHdJsb-WTWoanC-PE8TVMS0k7	Samantha
THUR June 15		
8:00am-8:50am	Morning Reflections https://eptha.zoom.us/join/9tZEtd-ypqDkjG9FERHilEGPAIMqQrtxAS8CIE	Nevin
9:00am-9:50am	IN PERSON GROUP Walking through Recovery *Wear comfortable shoes & dress for weather	Bradley
10:00am-10:50am	Feeling Overwhelmed/Stress https://eptha.zoom.us/join/9tZwuf-CgqDsjHN0AhEPWY_d9V9haFYIGMMCM	Nevin
11:00am-11:50am	Open Process https://eptha.zoom.us/join/9tZUqcO-gqjspEtei3JTkDsciUaWoIgf7VcGt	Kerri/Samantha
4:00pm-4:50pm	ADOLESCENT ONLY IN PERSON GROUP Canoe Journey	Mellisa
FRI June 16		
10:00am-10:50am	Closed Honoring Our Past Leaders Day	Nevin
12:00pm-12:50pm	Closed	Samantha
1:00pm-1:50pm	Closed Honoring Our Past Leaders Day	Susannah
1:00pm-1:50pm	Closed	Mellisa
2:00pm-2:50pm	Closed Honoring Our Past Leaders Day	Samantha
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