

Zoom Group Meetings

<https://dreamersandachievers.org>

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 AM - 9:45 AM	COVID- 19	COVID- 19	COVID- 19	COVID- 19	COVID- 19
10:00 AM - 11:00 AM	SELF-CARE	DEALING WITH ANXIETY	ANGER MANAGEMENT	COPING SKILLS	DOUBLE TROUBLE
10:00 AM - 11:00 AM				MINDFULNESS	
11:15 AM - 12:15 PM	SPIRITUALITY	SUBSTANCE USE/ OPIOIDS GROUP	SUBSTANCE USE/ OPIOIDS GROUP	SUBSTANCE USE/ OPIOIDS GROUP	SUBSTANCE USE/ OPIOIDS GROUP
1:00 PM - 3:00 PM		WRAP	COMMUNITY OUTREACH	WRAP	
6:30 PM - 7:30 PM					COOKING WITH JAMMIE

***Mindfulness is held every 2nd Thursday of the month.**

***Cooking with Jammie is held every 2nd Friday of the month.**

If you prefer to call in to join the meetings at Dreamers & Achievers Center by telephone, please follow the 3 steps below:

1. Dial: 1 253 215 8782
2. Then enter ID number: 834 223 652
3. Someone on Dreamers & Achievers Staff will admit you into the Zoom Meeting/Group.