



ZOOM GROUP MEETINGS

<https://us02web.zoom.us/j/834223652>

ALL GROUPS AND ACTIVITIES ARE OPEN TO THE PUBLIC 18 AND OVER. FREE GROUP SESSIONS.

MONDAY

9:15 AM - 9:45 AM
LET'S TALK ABOUT IT
10:00 AM - 11:00 AM
HEALTH & WELLNESS
11:15 AM - 12:15 PM
SPIRITUALITY

TUESDAY

9:15 AM - 9:45 AM
LET'S TALK ABOUT IT
10:00 AM - 11:00 AM
CHALLENGING NEGATIVE
THINKING
11:15 AM - 12:15 PM
SUBSTANCE GROUPS

1st & 3rd Tuesdays

10 am - 11 am

Advocacy for Recovery

2nd Wednesdays

10 am - 11 am

Mindfulness

1st & 3rd Thursdays

10 am - 11 am

Community Forums

Tuesday & Thursday of the Month

1 pm - 3 pm

WRAP Seminar I

Afternoon Group Sessions

Movies, arts, crafts, skill building,
and social gatherings

Hours of Operation

Monday to Friday, 9 am - 5 pm
Saturday 2nd and 4th Weekend:
10 am - 2 pm

WEDNESDAY

9:15 AM - 9:45 AM
LET'S TALK ABOUT IT
10:00 AM - 11:00 AM
ANGER MANAGEMENT
11:15 AM - 12:15 PM
SUBSTANCE GROUPS

THURSDAY

9:15 AM - 9:45 AM
LET'S TALK ABOUT IT
10:00 AM - 11:00 AM
BUILDING SELF-ESTEEM
11:15 AM - 12:15 PM
SUBSTANCE GROUPS

FRIDAY

9:15 AM - 9:45 AM
LET'S TALK ABOUT IT
10:00 AM - 11:00 AM
DUAL DIAGNOSIS
11:15 AM - 12:15 PM
SUBSTANCE GROUPS

SATURDAY

OPEN FUN EVENTS
&
ACTIVITIES
10 am - 2 pm

