



ZOOM GROUP MEETINGS

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

MONDAY

9:15 AM - 9:45 AM

CURRENT NEWS

10:00 AM - 11:00 AM

SELF-CARE

11:15 AM - 12:15 PM

SPIRITUALITY

TUESDAY

9:15 AM - 9:45 AM

CURRENT NEWS

10:00 AM - 11:00 AM

DEALING W/ ANXIETY

11:15 AM - 12:15 PM

SUBSTANCE, OPIOIDS, STIMULANTS

WEDNESDAY

9:15 AM - 9:45 AM

CURRENT NEWS

10:00 AM - 11:00 AM

ANGER MANAGEMENT

11:15 AM - 12:15 PM

SUBSTANCE, OPIOIDS, STIMULANTS

THURSDAY

9:15 AM - 9:45 AM

CURRENT NEWS

10:00 AM - 11:00 AM

COPING SKILLS

11:15 AM - 12:15 PM

SUBSTANCE, OPIOIDS, STIMULANTS

FRIDAY

9:15 AM - 9:45 AM

CURRENT NEWS

10:00 AM - 11:00 AM

DUAL DIAGNOSIS

11:15 AM - 12:15 PM

SUBSTANCE, OPIOIDS, STIMULANTS

SATURDAY

OPEN FUN
EVENTS &
ACTIVITIES 10 am
- 2 pm

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

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

WRAP Seminar I is held on Tuesday and Thursday from 1 pm - 3 pm.

If you prefer to call in to join the meetings 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.

Hours of Operation

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



Website

dreamersandachievers.org



Phone

202-763-7904



Address

3625 Martin Luther King Jr. Ave SE, Unit #3
Washington, DC 20032