

Day	Time	Group	Counselor	Meeting #
1-Monday	9:00-10:00a	Trauma and Recovery	Maddie	956-703-659
1-Monday	10:00-11:00a	Orientation	Tiffany	915 1665 6116
1-Monday	11:00-12:00	Emotional Wellness	Terri	937 2339 4253
1-Monday	12:00-1:00p	Communication & Conflict Resolut	Jen G	257-906-397
1-Monday	5:00-6:00p	Life Skills	Amy	556-755-589
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2-Tuesday	9:00-10:00a	Healthy Relationships	Hannah	956-703-659
2-Tuesday	12:00-1:00p	Open Topic	Jen G	257-906-397
2-Tuesday	5:00-6:00p	Cognitive Behavioral Therapy	Bethany	556-755-589
2-Tuesday	6:00-7:00p	Healthy Boundaries & Relationship	Joseph	965 9762 1028
2-Tuesday	6:30-7:30p	Family Support Group	Michelle	363-313-132
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3-Wednesday	7:30-8:30a	Orientation	Lisa	958 5043 0759
3-Wednesday	9:00-10:00a	Living In Balance	Tonya	956-703-659
3-Wednesday	11:00-12:00p	Relapse Prevention Skills	Lisa	970-9985-8880
3-Wednesday	1:00-2:00p	Good Grief	Michelle	695-520-630
3-Wednesday	5:00-6:00p	Open Topic	Theresa	556-755-589
3-Wednesday	6:00-7:00p	Addiction 101	Maddie	965 9762 1028
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4-Thursday	9:00-10:00a	Healthy Boundaries	Tiffany	956-703-659
4-Thursday	12:00-1:00p	Coping Skills	Ellen F	257-906-397
4-Thursday	5:00-6:00p	Relapse Prevention Skills	Lisa	556-755-589
4-Thursday	6:00-7:00p	Early Recovery Skills	Chris	965 9762 1028
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5-Friday	9:00-10:00a	Life Skills	Amy	956-703-659
5-Friday	12:00-1:00p	Emotional Wellness	Hannah	257-906-397
5-Friday	2:00-3:00p	Life Skills	Lisa	175-084-174
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6-Saturday	10:30-11:30a	Orientation	Tonya	958 4639 1152

**DIAL IN NUMBERS FOR ALL GROUP ZOOMS**

1 669 219 2599 or 1 669 900 6833