

In-Person

AM Support: Rotating

M/T/Th/F @ 9:30am-10:00am

Member Meeting: Rotating

M/T/Th/F 10:00am-10:30am
Wednesday 1:00pm-1:15pm

Coffee/Walk: Rotating

M/T/Th/F 10:30am-11:10am

Peer Support: Nicole

Monday @ 11:15am-12:05pm

Career Development: Suzy

Monday @ 12:15pm-1:05pm

Anxiety Support: Gracie

Monday @ 1:15pm-2:05pm

Wellness Bingo: Nicole and Suzy

Monday @ 2:15pm-3:30pm

SMART Recovery: Danette and Susan

Monday @ 2:15pm-3:05pm

Games & More: Rotating

M/W/Th/F @ 2:15pm-3:30pm
Tuesday @ 1:15pm-3:30pm

Transitions: Nicole

Tuesday @ 11:15am-12:05pm

Exploring Emotions: Lori

Tuesday @ 12:15pm-1:05pm

LGBTQ Support: Nicole

Tuesday @ 1:15pm-2:05pm

Nature Appreciation: Lori and Susan

Tuesday @ 2:15pm-3:05pm

Music Jam

Wednesday @ 12:00pm-1:00pm

Fun with Words: Gracie

Wednesday @ 1:15pm-2:05pm

Midweek Movie

Wednesday @ 2:15pm-3:45pm

Empowering Ourselves: Susan

Thursday @ 11:15am-12:05pm

In-Person-Continued

Video Voyage: Brice

Thursday @ 12:15pm-1:05pm

Walking Thru Depression: Susan

Thursday @ 1:15pm-2:05pm

Art Group: Naomi

Thursday @ 2:15pm-3:45pm

Challenging Narratives: Sean

Thursday @ 2:15-3:05pm

Friendship Group: Susan

Friday @ 11:15am-12:05pm

Open Mic: Rotating

Fridays @ 12:15pm-2:15pm

ZOOM

Walking Through Depression: Susan

Monday @ 11:00AM-12:00PM
Meeting ID: 969 2318 8849
Passcode: 329197

Anxiety Support: Gracie

Tuesday @ 11:00AM-12:00PM
Meeting ID: 964 0849 9333
Passcode: 672331

Empowering Ourselves: Susan

Wednesday @ 1:00PM-2:00PM
Meeting ID: 987 9328 0159
Passcode: 299527

Visions and Voices: Jeff and Gracie

For individuals who see and/or hear things that others may label as "hallucinations."

Thursday @ 1:00PM-2:00PM
Meeting ID: 944 8491 2946
Passcode: 712349

SMART Recovery: Danette and Susan

Friday @ 2:30PM-3:30PM
Meeting ID: 974 6916 4928
Passcode: 826504