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| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays |
| 10:00am – 10:50am  Senior Moments  -KAREN/Joel Meeting ID: 889 0183 4878 Passcode: 195862 | 10:00 – 10:50AM  Living Life on Purpose  -RALPH/Eliego  Meeting ID: 944 4236 2577  Password: 9ZwaAH  Call In Password 014018 | 10:00-10:50am  Grief & Loss  -KAREN/Leah  Meeting ID: 847 6962 6587  Passcode: 419680 | 10:00am – 10:50am  Men’s Group  -RALPH/Danny  Meeting ID: 839 7337 3628  Passcode: 464578 | 10:00-11:30am  Writing as a Path to Healing  -LEAH/Eliego  Meeting ID: 812 8229 3547 Passcode: 258820 |  |
| 11:00 – 11:50AM  ACT (Acceptance Commitment Therapy)  -MIKE/Star  Meeting ID: 825 8380 1146 Passcode: 938949 | 11:00 – 11:50am | 11:00-11:50am  Wellness Check In  -RALPH/Mike  Meeting ID: 951 4746 9606  Password: 0EBvnM  Call In Password 874527 | 11:00am- 11:50  Coping w/ Anxiety  -ELIEGO/Leah  Meeting ID: 968 1250 1050 Password: 3ZP8QT  Call In Password 826252 | 12:00-12:50pm  Stress Relief through Mindfulness  -MIKE/Danny  Meeting ID: 854 0828 0243  Passcode: 265935 |  |
|  |
| 12:00-12:50pm  The Four Agreements  -STAR/Karen  Meeting ID: 993 4751 0180 Password: 780353  Call in Password 780353 | 12:00pm – 12:50  CBT Skills -ELIEGO/Mike  Meeting ID: 830 8252 9339  Passcode: 701889 | 12:00-1:20pm  Poetic Arts  -ELIEGO/Mike  Meeting ID: 843 8379 7151  Passcode: 205092 | 12:00-12:50pm  Trauma Healing  -STAR  Meeting ID: 858 3018 1886  Passcode: 792436 | 1pm – 1:50pm  Wellness Check In  -DANNY/Ralph  Meeting ID: 946 3728 1455 Password: 0MXq0i  Call In Password: 575803 |  |
| 1:00pm – 1:50pm  Depression Support  -JOEL/Karen  Meeting ID: 836 2979 8071 Passcode: 752430 |  | 1:30-2:20pm  Bipolar Support  -KAREN/Joel  Meeting ID 821 3214 4781  Passcode: 789246 | 1pm – 1:50pm  Anger Management  -JOEL/Star  Meeting ID: 810 0886 8824  Passcode: 634897 | 2:00-2:50pm |  |
| 1:30-2:20pm  Being the Best You Can Be  -JOEL/Danny  Meeting ID: 942 4054 2851  Password: 4AwT4p  Call In Password 664618 |
| 2:00-2:50pm  Overcoming Addiction  -STAR/Eliego  Meeting ID: 896 2885 1561 Passcode: 156768 | 2:30-3:20PM  Building Boundaries  -RALPH/Eliego  Meeting ID: 822 9983 7689  Passcode: 135604 | 2:30-3:20pm  Current Events  -DANNY/Joel  Meeting ID: 845 6495 1474  Passcode: 494579 | 2:00- 3:20pm  Women’s Group  -LEAH/Star  Meeting ID: 885 2981 8394 Passcode: 990677 | 3:00-3:50PM  Communication Skills  -DANNY/Eliego  Meeting ID: 819 0723 6184  Passcode: 464929 |  |
|  |
| 3:00-3:50PM  Life Management Skills -DANNY/Joel  Meeting ID: 886 6691 1322  Passcode: 929915 | 3:30 – 4:20  Self-Compassion  -ELIEGO/Star  Meeting ID: 897 2767 3102  Passcode: 511182 | 3:30-4:30pm  Staff Meetings/  Social Room Activities  -Star/Mentors | 3:30-4:20pm  Power of Connection  -JOEL/Karen  Meeting ID: 831 6471 3160  Passcode: 188218 | 4:00-4:50PM  Social Room Activities  -Various Mentors |  |
| **Member Celebration**  *Cancelled until further notice*  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Pancake Breakfast**  *Cancelled until further notice*  **--------------------------------------------------------------** |
| 4:00-4:50PM |  |  |  |  |

SPECIAL ANNOUNCEMENTS:

WRC-North CLOSED President’s Day February 15th

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| **MOD SCHEDULE:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | RALPH | JOEL | LEAH/MIKE | DANNY | KAREN |  |