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|  Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays |
| 10:00am – 10:50amSenior Moments -KAREN/Joel Meeting ID: 889 0183 4878 Passcode: 195862 | 10:00 – 10:50AMLiving Life on Purpose-RALPH/EliegoMeeting ID: 944 4236 2577 Password: 9ZwaAHCall In Password 014018 | 10:00-10:50amGrief & Loss-KAREN/LeahMeeting ID: 847 6962 6587Passcode: 419680 | 10:00am – 10:50amMen’s Group-RALPH/DannyMeeting ID: 839 7337 3628Passcode: 464578 | 10:00-11:30amWriting as a Path to Healing-LEAH/EliegoMeeting ID: 812 8229 3547 Passcode: 258820 |  |
| 11:00 – 11:50AMACT (Acceptance Commitment Therapy)  -MIKE/StarMeeting ID: 825 8380 1146 Passcode: 938949 | 11:00 – 11:50am | 11:00-11:50amWellness Check In-RALPH/MikeMeeting ID: 951 4746 9606Password: 0EBvnMCall In Password 874527 | 11:00am- 11:50Coping w/ Anxiety-ELIEGO/LeahMeeting ID: 968 1250 1050 Password: 3ZP8QTCall In Password 826252 | 12:00-12:50pmStress Relief through Mindfulness-MIKE/DannyMeeting ID: 854 0828 0243Passcode: 265935 |  |
|  |
| 12:00-12:50pmThe Four Agreements-STAR/KarenMeeting ID: 993 4751 0180 Password: 780353 Call in Password 780353 | 12:00pm – 12:50CBT Skills -ELIEGO/MikeMeeting ID: 830 8252 9339Passcode: 701889 | 12:00-1:20pm Poetic Arts-ELIEGO/MikeMeeting ID: 843 8379 7151Passcode: 205092 | 12:00-12:50pmTrauma Healing-STARMeeting ID: 858 3018 1886Passcode: 792436 | 1pm – 1:50pmWellness Check In-DANNY/RalphMeeting ID: 946 3728 1455 Password: 0MXq0i Call In Password: 575803 |  |
| 1:00pm – 1:50pmDepression Support-JOEL/KarenMeeting ID: 836 2979 8071 Passcode: 752430 |  | 1:30-2:20pmBipolar Support-KAREN/JoelMeeting ID 821 3214 4781 Passcode: 789246 | 1pm – 1:50pmAnger Management -JOEL/Star Meeting ID: 810 0886 8824Passcode: 634897 | 2:00-2:50pm |  |
| 1:30-2:20pmBeing the Best You Can Be-JOEL/DannyMeeting ID: 942 4054 2851 Password: 4AwT4pCall In Password 664618 |
| 2:00-2:50pmOvercoming Addiction-STAR/EliegoMeeting ID: 896 2885 1561 Passcode: 156768 | 2:30-3:20PMBuilding Boundaries-RALPH/Eliego Meeting ID: 822 9983 7689Passcode: 135604 | 2:30-3:20pmCurrent Events-DANNY/JoelMeeting ID: 845 6495 1474 Passcode: 494579 | 2:00- 3:20pmWomen’s Group-LEAH/StarMeeting ID: 885 2981 8394 Passcode: 990677 | 3:00-3:50PMCommunication Skills-DANNY/EliegoMeeting ID: 819 0723 6184Passcode: 464929 |  |
|  |
| 3:00-3:50PMLife Management Skills -DANNY/JoelMeeting ID: 886 6691 1322Passcode: 929915 | 3:30 – 4:20Self-Compassion -ELIEGO/StarMeeting ID: 897 2767 3102Passcode: 511182 | 3:30-4:30pmStaff Meetings/Social Room Activities-Star/Mentors | 3:30-4:20pmPower of Connection-JOEL/KarenMeeting ID: 831 6471 3160Passcode: 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 |  |