

GROUPS ARE BACK AT JRS

Remember Group Etiquette Ensure your privacy during group and what you say stays with the group.

IT'S EASY TO JOIN

Go to [ZOOM.COM](https://zoom.us) and put in meeting code and password. Meetings start promptly at the time and you will not be allowed in after 5 minutes past the start time.

For All Groups → **Meeting ID: 81141265507 Passcode: 709003**

MONDAY	10:00 AM	SELF-CARE WITH CONSQUELLO
TUESDAY	9:00 AM	CONVERSATIONS WITH CLAIRE: OPEN DISCUSSION
WEDNESDAY	6:00 AM	RELAPSE PREVENTION WITH RACHEL
WEDNESDAY	8:00 AM	1ST WED. OF EACH MONTH: PREGNANCY GROUP W/SARAH <i>SEE SARAH FOR PASSCODE</i>
WEDNESDAY	9:00 AM	EARLY RECOVERY SKILLS WITH HANNAH
WEDNESDAY	10:00 AM	ART THERAPY WITH SARAH (REQUIRE MARKERS/CRAYONS AND PAPER)
THURSDAY	9:00 AM	WOMEN'S EMPOWERMENT WITH NATALKA
FRIDAY	9:00 AM	STRESS MANAGEMENT WITH CHERRI
SATURDAY 1st & 3rd	8:00 AM	OPEN DISCUSSION