



Foundations: A Place for Education & Recovery
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Online Class & Group Schedule (March, 2022)

		Monday	Tuesday	Wednesday	Thursday	Friday
		Meeting ID 933-261-185	Meeting ID 597-790-471	Meeting ID 323-566-308	Meeting ID 812-546-123	Meeting ID 984-879-706
Time Start	Time End					
10:00 AM	10:45AM	Peer Support Group	The Five Agreements	Codependency	DRA Meeting	Why Don't They Listen?
11:00AM	11:45PM	Grief Group	Team Building Games	Healthy Connections	Budgeting	Peer Support Class
12:00 PM	1:00 PM				Social Hour (In Person Only)	
1:00 PM	1:45 PM	Recovery Stories	DRA Discussion	Alanon/ACA group	Recipes for MH	Self Esteem
2:00 PM	2:45 PM	Gratitude Letters	Art w/Mike	PTSD Group	Creative Writing	All About Emotions
3:00 PM	3:45 PM	Relating to Media	Independent Living	Laughter is the Best Medicine	Bringing in Spring	Coping Skills
4:00 PM	4:45 PM	Uno Expressions	LGBTQ+ Group	Icebreakers	Family Fued	Community Resources

Key

ACA: Adult Children of Alcoholics

PTSD: Post Traumatic Stress Disorder

MH: Mental Health

DRA: Dual Recovery Anonymous

LGBTQ: Lesbian Gay Bisexual Transgender Queer

To attend using video: Use or Copy & Paste the meeting link
 (You must download the ZOOM application on your computer or
 SmartPhone)

To attend via phone: Dial (929) 205-6099 when prompted enter
 the Meeting ID